$10

Consumers' Guide and Cookery Book

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Issued to Consumers by the

Municipal Electricity Department

CHRISTCHURCH, NEW ZEALAND

You may live without love—what's passion but pining?
But show me the man who can live without dining.
You may live without poetry, music and books,
But where is the man who can live without cooks?

—Meredith

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Preface

In compiling a further and revised edition of the "Consumers' Guide and Cookery Book," every endeavour has been made to add to its already acknowledged usefulness, by giving readers the benefit of experience gained since the book was first published. General information regarding the use of electricity in the home has been revised and brought up-to-date, and the section embracing cooking hints and recipes has been added to and improved.

This revised edition has a special interest in that it coincides in some measure with the advent of power from the new Waitaki Hydro-Electric Station. To-day, with both Lake Coleridge and Waitaki available to supply our electrical needs, it can be said with some certainty that the ideal of an assured supply of electricity for many years to come for industry and the home, has been realised.

That this desirable objective in the City's electrical history should have been attained, must have a universal appeal, for electricity, somehow or somewhere, touches the daily lives of all of us. It has become an indispensable factor in facilitating home tasks and in adding to the comforts and conveniences of domestic life. The blessings it has conferred by the reduction of manual work in the home are known and appreciated by women the world over. Of at least equal value are the services it has rendered in promoting health, beauty, happiness, and general well being.

To-day electricity is paramount. It is representative of modern life and modern thought, and as such in time to come, it will be looked upon as the force which typifies our age.

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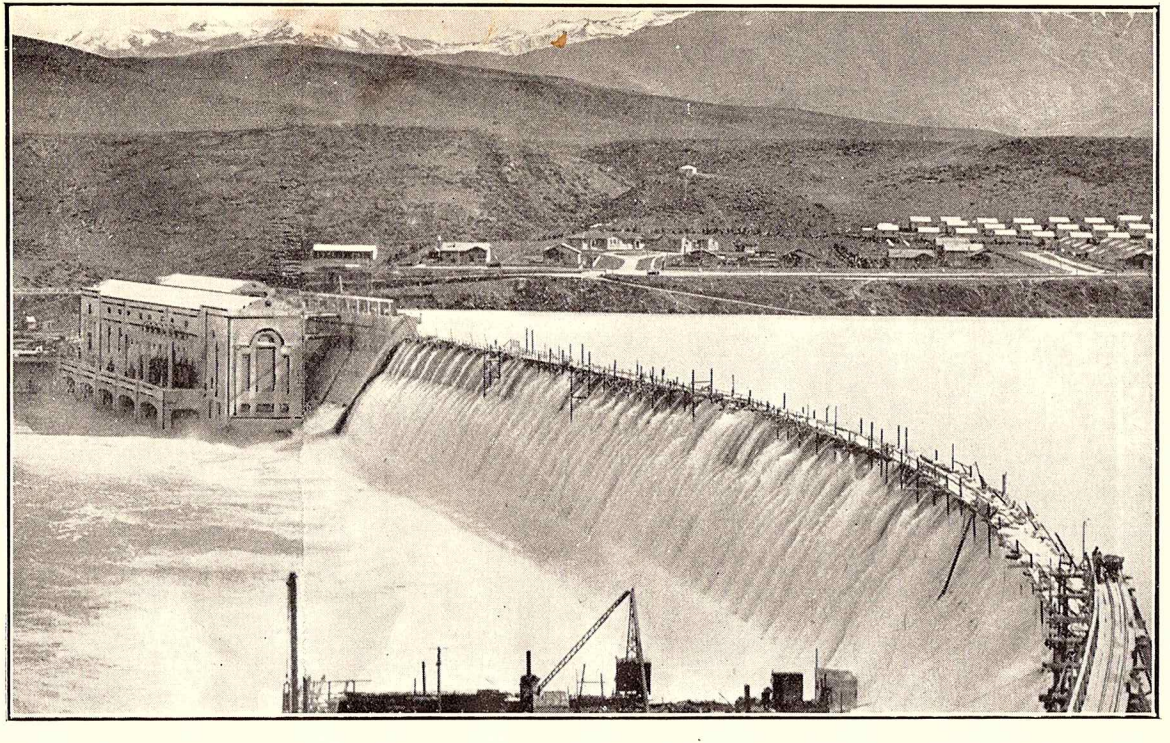
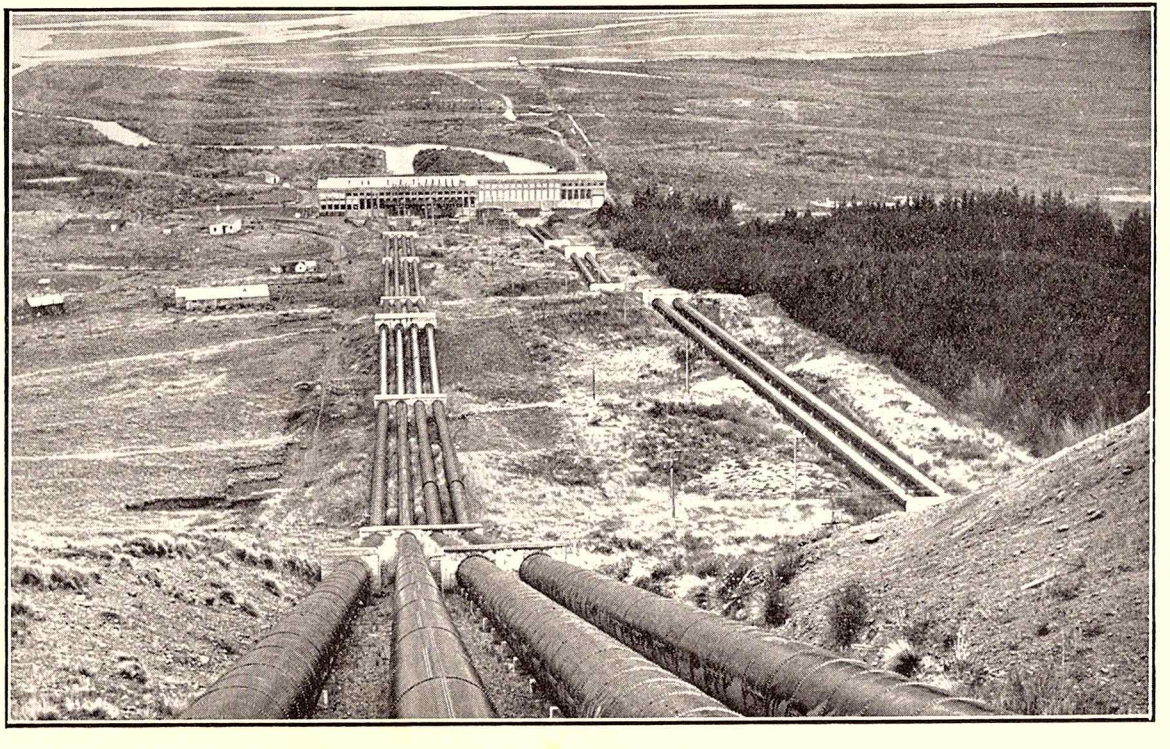


A view of the Waitaki Hydro-electric Power Station, showing the Dam and Power-house, and the Lake behind the Dam.
(On the Waitaki River, about 40 miles inland from Oamaru)



The Lake Coleridge Hydro-Electric Plant, showing (from top of picture) the Rakaia River, Tail Race, Power House and Pipe Lines.
(65 miles west of Christchurch)

Service to Consumers

The primary obligation of any public utility is to attend in a prompt, efficient and helpful manner, to the needs of the public it serves. Your electricity supply undertaking is a co-operative organisation in which all Christchurch citizens are shareholders, and all alike are equally interested. Its sole business is the provision of electrical service as cheaply as possible, consistent with sound business principles.

The M.E.D. supplies the electrical needs of approximately 32,000 homes and places of business. Every care is taken in handling accounts, correspondence and installations. The Department does not claim to be infallible any more than any other human institution, but it would suggest that where an an apparent anomaly has arisen and complaint seems justified, that it should at least be promptly notified. It is ready and anxious to correct misunderstandings and to explain apparent mistakes. Reasonable complaints are both justified and welcomed.

The M.E.D. wishes it to be fully understood that the needs of its consumers are, and will continue to be, its first consideration. To this end, a Service Department is maintained, the duty of which is to ensure that all complaints and enquiries are promptly handled with a maximum of helpfulness. Consumers are urged to take full advantage of the assistance it offers.

Service in all things electrical is the aim of the M.E.D., the purpose for which it is established and its constant endeavour.

Service Department.

For the benefit of consumers who may experience failure of electrical supply during the evening, an Electrical Service Staff is on duty until 10 p.m. on

week nights, and on Sundays and holidays from 10 a.m. to 12 noon, and 4 p.m. to 8 p.m. In all cases ring 30-794.

Telephone Service.

The assistance of consumers is requested in an endeavour to maintain an efficient telephone service. It will be readily understood that the ordinary business of a department such as the M.E.D. necessitates, during each working day, a constant stream of 'phone messages some of which are liable to misconstruction if not plainly delivered. By stating all messages clearly and distinctly, consumers will ensure prompt attention to their needs, besides assisting the Department in its endeavour to provide adequate electrical service to an ever-growing population.

Telephone Number.

30-794. All lines.

Street Lighting Service.

The assistance of every citizen is needed and requested in maintaining the street lighting system in the city. It is impossible for the Department to inspect nearly 3,500 lamps every day, but if everyone who observed a defective street lamp were to report it, giving exact locality and number, if possible, there would be no need for any lamp to be out for more than one night.

By reporting defective lamps, citizens will be rendering a service to the community, and the public is invited to give such assistance whenever possible.

Fallen Wires.

All fallen wires should be reported immediately by ringing 'phone 30-794. Such assistance may avoid accidents, and contribute effectively to restoring service in the locality affected.

A Brief Guide to Users of Electricity

THE MEASUREMENT OF ELECTRICITY.

Electricity is measured and generally sold in units technically known as "Kilowatt hours" (K.W.H.) or "Board of Trade Units," the familiar expression being the "unit." This is a clearly defined and recognised measure of electrical energy in every country of the world.

The unit represents a definite amount of energy. It is known exactly how much light can be obtained from it for how many hours, what amount of food it will cook, how large a room it will heat, and for what period, or what mechanical power it can exert when driving a machine.

Electricity cannot be adulterated or diluted. A unit is of definite value under all circumstances, and is always a complete unit of the same electrical value. The above facts are important, and should be understood by all users of electricity. The consumption of electricity can be, and is, measured with the utmost accuracy. In this connection it might be stated that electricity meters rarely give trouble, and are almost invariably correct to within a very small margin. It sometimes happens that electricity consumers receive an account for current somewhat larger than they consider to be correct, and the meter is considered to be at fault.

Experience has shown that the number of electricity meters found on test to be registering incorrectly is so small that the statement that the meters are almost invariably correct is fully justified. Most Supply Authorities make a charge for meter testing, the amount charged usually being returnable should the meter prove to be incorrect.

For the information of consumers, the following rates of consumption are given:

1 Kilowatt (*i.e.* 1000 watts)	used for	1 hour	consumes	1 unit.
750 watts	„	„	„	¾ unit.
500 watts	„	„	„	½ unit.
100 watts	„	„	„	1/10 unit.
The average domestic iron (*i.e.* 600 watts)			„	6/10 unit.

These figures should enable consumers, knowing the rates charged, to make an approximate estimate of the consumption of the apparatus most commonly used, and this can be checked, if desired, by reading the meter. It should, however, be remembered that most electrical apparatus is not used continuously, or at full capacity, for one hour. A normal hour's use would in most cases, particularly ironing and cooking, be considerably less than the above figures.

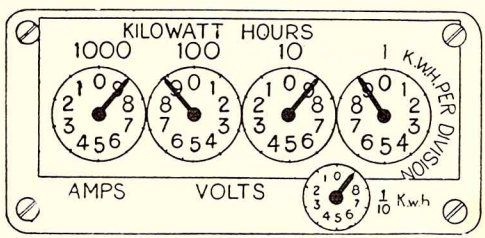
READING ELECTRICITY METERS.

It is advisable, and often a matter of satisfaction, for all users of electricity to learn to read their own meters, and thus keep a check on their consumption. If the following instructions are carefully followed, no difficulty should be experienced. The best plan is to read the dials from left to right, putting down, in the same order, the figures as they are read from each dial. When the pointer is between two figures, the smaller of the two is the one to be put down. Thus, if the pointer is between 5 and 6, the correct reading is 5.

When the pointer appears to be exactly upon a particular figure on one of the dials, then the next dial to the right should be consulted. If the pointer on this latter dial has not yet reached "0," it is an indication that the pointer just referred to as appearing to be directly over a figure has not yet reached that figure, and accordingly the number to be put down is the one below that which the pointer appears to indicate.

The reason for this is that the pointer on any dial has to make a complete circuit in the same time that the pointer on the dial to the left of it moves through one-tenth part of its circuit, or from one figure to the next on that dial.

It may be well to note that the pointers in adjacent dials go round in **opposite** directions, though of course always from the lower to the higher figures. Remembering this will avoid any confusion in reading. It will be apparent that to ascertain the number of units consumed since the meter was last read, the former reading must be subtracted from the present reading.



CORRECT READING, 8889

DOMESTIC RATES.

These rates apply only to the area supplied and controlled by the Christchurch City Council, and are subject to such revision as the Council may at any time deem desirable.

Lighting.

Maximum demand rate. 4d. and ¾d. per unit.

The number of units to be charged at the high rate is determined by multiplying by 40 hours per month three quarters of the load represented by the active lamps (pantry, bath-room, convenience and such lamps excluded). The balance of the monthly consumption is charged at ¾d. per unit.

Cooking and Heating.

(¾d. per unit.)

For normal domestic installations, one meter only for lighting, heating and cooking is used. For all domestic uses other than lighting and water heating, the charge for electricity is ¾d. per unit.

Water Heating.

Continuous Use.—£1 per annum per 100 watts capacity of water heater, for unrestricted use (payable with the ordinary electricity accounts).

When the water heater is controlled by a thermostat, which switches it off when a certain temperature has been reached, and on again when the water falls below a certain temperature, supply will be given at ½d. per unit for continuous service.

Restricted Use.—If the consumer undertakes to use the heater only between the hours stated, and signs a guarantee to that effect, a rate of ⅓d. per unit is offered.

Week-days.—10 p.m. to 7 a.m.
Week-ends.—Noon Saturday to 7 a.m. Monday.
And on Public Holidays.

MAXIMUM DEMAND, DIVERSITY, AND LOAD FACTOR.

The real reason for the maximum demand charge is, that part of the cost of supplying consumers is determined by the cost of the machinery needed to produce and distribute electricity. The interest and other annual costs on such machinery have to be met whether a consumer takes supply or not, and are therefore constant. Some of the other costs of supplying electricity to the public vary with the amount the public requires. These are not constant, but vary with the load. The maximum demand rate is an endeavour to provide for these two kinds of charges. The maximum demand units correspond with the constant portion of the charge, and the

balance, at the lower rate with the variable portion. The consumer who requires a large quantity for a short period therefore pays the higher rate. The consumer whose requirements at any one time are never large, but who uses the supply for long hours, is automatically charged at a very much lower rate.

A consumer with a small demand and long hour consumption has a good load factor. A consumer who requires a large amount of current for a brief period, *i.e.* a large demand with a small consumption, has a bad load factor. Fortunately for the electrical power house and distribution system, all consumers do not want their biggest load at the same time. Consequently, a power house can cater for a very much larger number of small loads which come at different times, than if they occurred at the same time. This characteristic of the load is known as diversity. That type of load which has a good diversity and a good load factor is doubly attractive from the point of view of the supply authority. Loads lacking in diversity, and of a bad power factor, are unattractive. The maximum demand rate is framed to charge automatically the good load at a lower rate than the less attractive load.

The reason that load factor and diversity have such importance in connection with electrical rates is due to the fact that electricity cannot be produced and stored in the same way as gas. If it could be produced during the night, and stored for use during the day, many of the difficulties would disappear, and rates would be much simpler in form, but at any given time the amount of electricity offered to the public for use is limited to the amount the power house can produce, and this applies to all the supplementary apparatus, such as transmission lines, switchgear, transformers, and street mains. Electricity has to be produced as, and when, required. It is this fact that makes the size and cost of the electrical undertaking determine or influence everything else, particularly rates.

Electricity in the Home

HOME LIGHTING.

"Light and leisure with the printed word,
After the day's work—peace."

The science of lighting has in the past few years made such strides that the provision of artificial lighting for the modern home is a problem worthy of some study. Fittings have grown to be decorative as well as utilitarian, until to-day they constitute not the least important detail in the equipment of a well-furnished home.

Sometimes consumers are puzzled by the superior lighting of a neighbour's home. There can be no difference in the power and the price of the current. All use the same current, and pay the same rate, but those who are wise secure so much better value from the light by using efficient and artistic lighting fixtures. Every house must, however, avoid two pitfalls, excessive glare on the one hand, and insufficiency of light on the other—both are very trying to the eyes.

It does not follow that every room needs to be uniformly flooded with light. The requirements are simple. Wherever light is needed, be it for reading, playing, or working, there should be adequate light, exposed filaments avoided, but efficient illumination, and that is where electric light is so adaptable. In the big chair by the fire, or any well-used corner of the room, a table fitting, or a floor standard, will not only give the light just where and when it is needed, but will also add to the decorative effect.

For general lighting, part of the illumination is, of course, obtained directly from the lamp in the fitting, but an important part indirectly, by reflection from the walls. For the same intensity of lighting, a room with red paper will require nearly five times the candle-power needed for a room with white paper, and a room with a bluish paper anything from 1½ to

2½ times as much, according to the shade. When having a house re-decorated this should be borne in mind. If such papers are desired, their effect can be counteracted by increasing the candle-power of the lamps, but the importance of the shade of paper adopted is a vital factor.

Good lighting is so important an aid to general comfort and welfare that it should receive much more attention than it does. The outside lamp is a contribution each resident can make to his neighbourhood. Kept burning in the evenings, it enhances his own residence, brightens the street, and cheers the passers-by. A 40 watt lamp costs one penny for about 12 hours' use.

Ensure that you are getting the maximum comfort and efficiency from your lamps and lighting system. Ask yourself these questions:

1. Is there any undue glare? Lamps unshaded or at too low a level cause glare and eyestrain.
2. Are shades and lamps clean? Many people fail to recognise that regular cleaning is necessary to get all the light paid for.
3. Have you sufficient lamps? It costs no more, often less, to have them wherever needed. Right placing is the secret.
4. Are the lamps the right size? Experiment a little, till you have enough light, but not too much.
5. Are your lighting fixtures artistic? Many who make every effort to surround themselves with good pictures, good furniture, etc., are satisfied with inferior lighting fixtures.
6. Is your home gloomy or cheerful? Light—plenty of it, and the right kind—is no small factor in home happiness. Thousands of homes lack the good cheer that good lighting brings.

ELECTRIC HOME APPLIANCES.

"We must take the current when it serves or lose our venture."—SHAKESPEARE.

The provision of adequate supplies of electricity in modern communities and the general downward tendency of domestic supply tariffs, has given tremendous stimulus to the use of all those home helpers which electricity alone has made possible. The reliability and workmanship of electrical appliances now obtainable, almost all of which carry the maker's guarantee, has done much to encourage their popular use. The modern housewife has not been slow to appreciate what wonderful friends and helpers electrical appliances are. In every home they are found to a greater or lesser degree. The M.E.D.'s provision of easy purchase terms for all appliances has exercised an excellent stimulus and has proved to be of the greatest practical value.

The following list of electric home appliances and their application is appended for the information of consumers generally.

Electric Cleaners.

Every Christchurch home should be equipped with that wonderful labour saving and hygienic agent, the electric vacuum cleaner. Its construction is extremely simple consisting of a small electric motor which revolves at a high speed and to which is attached a powerful fan. The fan creates the suction which picks up and conveys the dirt to the dust bag. Some types of cleaners are fitted with a power driven brush which actually sweeps the rugs in the process of cleaning and it may be claimed that this type of cleaner is extremely efficient. This modern triumph has shown the easier and quicker way to remove dirt and is doing the hard work in many thousands of homes throughout the world to-day.

Will run from 5 to 6 hours on one unit.

Electric Floor Polishers.

Many people prefer polished floors and rugs to heavy carpeting and there can be no question that polished floors do in some measure impart an air of refinement to a home. The electric floor polisher saves endless hard work and is very simple to use.

Will run for 5 to 6 hours on one unit.

Electric Fans.

With the coming of summer, of hot sunny days and warm nights, the question of ventilation invariably becomes prominent, and is one which has been given much thought by engineers. It is more than ever being realised that fresh air is one of the greatest essentials to healthy living. In spite of open windows, rooms become stuffy and some method is needed to circulate the air. The electric table fan is a blessing in any home. Here are some of its applications:

1. To produce a circulation of fresh invigorating air in the sick room.
2. To give refreshing sleep in the bedroom on hot nights.
3. To drive vapour and the adour of cooking out of the kitchen through an open window.
4. To add to the comfort of home on the hot, sultry days of summer.

Will run for 10 hours on one unit.

Electric Refrigerator.

Refrigeration by mechanical means was until recently practised only on a large scale as in freezing works, stores, and ocean-going steamers, but it has been shown to be eminently suitable also for household refrigeration. The advantages of the household refrigerator are very apparent, and it can be adapted to all kinds of uses. It not only preserves food but enhances its condition for serving

and use. From the aspect of health alone, it is worthy of consideration, for good food means health and vitality, strength of body and mind.

Uses in Christchurch approximately 40 units per month average.

Electric Washing Machine.

The electric washing machine is an essential item in the equipment of a modern home. A week's wash can be done in one-fifth of the time required by the old method. The excellence of hand-washed, sun-dried laundering can be secured without heavy and unpleasant labour, and the use of a copper and fire. The electric washing machine in its modern form is a wonderfully efficient piece of apparatus which takes over all the rubbing and soaping of clothes and removes dirt without damage to the finest fabrics. Thus you have in your home a modern laundry reserved for your own clothes.

Will run four hours on one unit.

Electric Ironing Machine.

The electric ironing machine, large models of which have, for some time, been used for heavy commercial laundry work, has now been introduced for domestic use. It consists of a padded roll driven by a small electric motor, which carries the clothes over the polished surface of a hot shoe. Simplicity of control is combined with ease of operation, and it makes for genuinely restful ironing. A three-heat switch is fitted by most maunfacturers to enable variations of heat to be obtained.

The combination of washing machine and ironing machine for carrying out the household laundry work constitutes one of electricity's most valuable contributions towards lightening domestic labour.

The amount of current used, will depend upon the type of ironing done, and the skill of the user. Will average 1 unit per hour.

Electric Mixers.

Housewives who do all their own baking will find a valuable helper in the electric mixer and beater. This handy little appliance will do all mixing, blending, beating, whipping, stirring, creaming, and juice extracting, and do them in a fraction of the time required by hand, leaving the user as fresh when the task is done as when it began.

Will run ten hours on one unit.

Electric Dish Washers.

Dish washing, probably the most unpleasant of household tasks, can be done electrically. The electric dish washer washes all your dishes in scalding water—too hot for human hands—in a few moments. It does not break or chip even the most fragile china ware. This appliance is gaining in popularity and will soon become a recognised fitting for the home.

Will run 5 hours on 1 unit.

Electric Sewing Machine.

In factories and shops where "making up" is done, the electric sewing machine is universally used. Why not, then, in the home? Very few homes are without a sewing machine of some kind and small electric motors may be bought which can be fixed to almost any machine. In addition, practically all manufacturers market an electric machine.

Will run 16 hours on one unit.

Electric Hair Dryer.

Drying the hair by means of towels is a tiresome business and is, at the best, a makeshift method. The warm drying current of air which the electric hair dryer gives forth tones up the hair as well as drying it quickly and pleasantly.

Will run 1½ to 2 hours on one unit.

Electric Gramophone.

The electrically driven gramophone has done away with the laborious winding necessary with the old type spring motor. Just switch it on and it will play until the record is finished when an automatic switch operates and cuts the current off.

Uses very little current. Will play 200 12-inch records on one unit.

Electric Clocks.

The electric clock is becoming firmly established in Christchurch homes, mainly because of its reliability and simplicity. No winding is necessary and time is automatically adjusted from the main power station. For home use many attractive types are now marketed at very reasonable prices. Chiming and alarm clocks are also procurable.

Will run for approximately 250 hours on 1 unit.

Electric Radio Sets.

The development of the alternating current mains radio set has wrought an amazing change in the broadcast world. No one who remembers the old battery sets with their multitude of knobs and gadgets, can help contrasting them with the radio sets of to-day. Simplicity of operation and tone reproduction have almost reached perfection.

Will run from 5–10 hours on 1 unit.

Electric Kettle.

How often does one hear the question asked, "Is there any water in the kettle?" When old methods are used, the answer is a matter of some importance. Kettles are liable to be messy and dirty and take a long time to boil. The electric kettle might well be called the "jewel of the kitchen," so quick, clean and convenient is it. Many types are available. handsome in design and finish. Many modern types are fitted with an automatic cut off, which turns off

the current if the kettle has been allowed to boil dry.

Will boil approximately six times on one unit.

Electric Jug.

Because it is even quicker to boil than the kettle and generally cheaper to buy, the electric jug has attained a remarkable degree of popularity. Being constructed of porcelain, the jug lends itself to attractive design and finish.

Will boil approximately six times on one unit.

Electric Radiators and Fires.

The perfect cleanliness which characterises the electric radiator is probably the greatest argument in its favour. From the health point of view it is ideal. It does not consume the air in a room nor vitiate it in any way. Neither does it give off fumes, smoke or soot. For the aged and sick, and those who attend them, it is an invaluable boon. The domestic heating rate of ¾d. per unit in Christchurch has opened up a tremendous field for the development of domestic electric heating. Cleanliness, portability, utility and economy characterise electricity for home heating.

Electric fires and radiators vary greatly in current consuming capacity. A radiator marked 1000 watts uses 1 unit per hour, 2000 watts, 2 units per hour, and so on.

Electric Griller.

The small electric griller is particularly suitable for those who live in rooms or apartments, or for seaside baches. Quick and economical, it commands a ready sale.

Uses from ½ to 1 unit per hour, and a great deal of grilling can be done in one hour.

Electric Coffee Percolator.

It is not too much to say that the secret of making good coffee lies to a great extent in the use of a percolator. The electric percolator sprays the boiling water over the coffee grains contained in an aluminium container, gently extracting the true flavour and essence. The strength can be watched to a nicety through the glass top. Most attactive designs are marketed.

Will make 8 brews of coffee on one unit.

Electric Hot Plate.

"Something to boil on" is a common enquiry in an electrical showroom. Electricity provides clean, quick and economical boiling, and many types of portable boiling plates are marketed, usually fitted with three-heat control.

Current used varies with wattage of plates which range from 500 to 2000 watts.

Electric Toaster.

Crisp brown toast made on the table at your side is the contribution of the electric toaster to the comfort of the home. Most types make two slices at the same time and the toast can be turned by a flick of the finger. Automatic toasters which toast both sides at once, and shoot the toast out when made, are also available.

Will run 2 hours on 1 unit.

Electric Heating Pad.

When winter comes and hot water bottles become the order of the day (or night), the electric heating pad finds a ready demand. It does not leak, nor does it grow cold in the night. In case of sickness, it is invaluable.

Will run 20 hours on 1 unit.

Electric Curling Tongs.

In these days of bobbed and shingled heads some kind of curling iron has become almost a necessity. Beautifully finished electric curlers are obtainable, which heat quickly and cleanly, and never get hot enough to burn or singe the hair.

Will run for 9 hours on 1 unit.

In the above notes the approximate current consumption of the appliance has been given in each instance. For all the domestic applications of electricity enumerated the cost per unit in Christchurch is ¾d., so that given the current consumption and the price per unit, it should not be difficult to arrive at the cost of running any one appliance. For example the electric cleaner will run from 5 to 6 hours on one unit—that is at a cost of ¾d. The electric kettle will boil six times on one unit—for ¾d., and so on.

THE ELECTRIC MOTOR IN THE HOME.

Electric light and heat do much to facilitate the work of the modern home, but there are many household duties in which these cannot aid, and in which the small electric motor plays its part.

In Christchurch it is mainly used for driving small household pumping sets for those houses which are outside the high pressure water area. Many homes, too, which are inside the high pressure area, install pumping sets to supply the needs of the garden, and also to provide the clear, cold artesian water which is the envy of those cities dependent solely upon reservoirs for drinking water.

The sewing machine motor is deservedly popular amongst housewives, particularly those with children and the consequent sewing. Fitted in conjunction with a foot-controlled starting switch, a wide variation of speeds is obtainable, thus giving effective control and enabling work to be completed with ease and despatch.

Most modern boys love a workshop in which to spend leisure hours; in fact, for boys learning an engineering trade, some kind of bench is almost essential. A bench lathe, driven by a small electric motor, will provide endless amusement, besides contributing greatly to a practical knowledge of engineering work.

Electric power can hold its own in comparison with other forms of power in any condition of life, but for domestic use, electricity stands without rival, since it is the only clean, safe and practicable way of supplying power in a private house.

"DON'TS" FOR USERS OF ELECTRICITY.

1. Don't risk inferior installations. Insist on good material and workmanship.
2. Don't wait for your iron or appliance cord to fuse before having it repaired. On the first sign of wear, take it to your electrician.
3. Don't leave the room with your electric iron switched on. Your oversight, and not the iron, is to blame if a fire should result.
4. Don't expect your installation to remain good for all time. Have wiring and connections, light fixtures, or any electrical equipment that may give trouble, examined and repaired by a competent electrician.
5. Don't handle electrical apparatus with wet hands, nor use a wet cloth to clean an electric range, unless the current has first been switched off. Use the main ironclad switch freely.
6. Don't allow any defect to continue unattended. Always keep appliances in best possible condition.
7. Don't attempt to re-wire a switchboard cut-out until you fully understand the correct size and type of fuse-wire to use. Better still, leave it to your electrician. Remember that the fuse-wire in the cut-out is the electrical safety-

valve, and it is of vital importance that it should be of the correct size.

8. Don't use heating appliances from light sockets. Although this is the custom in some countries, the usual lighting fittings in Christchurch are not intended for this purpose, and it is never recommended.
9. Don't use an ordinary holder for an outside portable lamp. Specially insulated types are available.
10. Don't forget that the law requires that electrical work shall be carried out **only** by a registered electrical wireman.

ELECTRIC WATER HEATING.

A plentiful supply of hot water must be counted as in integral and indispensable part of every modern home. The ordinary hot water service fitted in conjunction with the coal range or open fireplace, only partly meets the need. It is available only when the fire is kept up, and in the summer months, fires are unnecessary and unpleasant. Electric water heating provides the ideal method of ensuring plentiful hot water for baths and for those numerous little household tasks that require it. In all new homes the electric water heater should be a standard fitting to just the same extent as a bath or a sink.

A pleasing feature of electric water heating is, that it is possible, usually with a minimum of disturbance, to convert an existing installation to electric heating. When desired, a dual heating system can be provided. In fact, the combination of electric heating plus fuel incinerator or open fire boiler has gained considerable popularity in Christchurch and has proved to be an effective means of providing an adequate supply of hot water for domestic needs. It is generally desirable with dual hot water systems of this nature to fit thermostatic control to the electric heater so that undue and

wasteful boiling will not take place, particularly during the night hours.

Cheap rates, in which provision has been made for varying domestic conditions, are available in Christchurch for electric water heating. The Department has drawn up a set of conditions for an efficient water heating installation, copies of which are available on application, and all consumers are urged to ensure that its recommendations are followed.

Electric water heating is effective, safe and practical, and installed in conjunction with the electric cooker assures the modern demand for clean and hygienic conditions with the greatest possible saving of labour.

ELECTRIC COOKING.

The electric range is a stoutly constructed metal framework containing the electric wiring and heating elements all carefully and thoroughly insulated, controlled by their respective switches, and protected by a set of neat circular cut-outs each containing a fuse. It is a simple, robust and lasting piece of apparatus. The framework of the range is connected to an earth wire, and this effectively prevents it from ever becoming alive. The oven is practically a closed box. The space between its inner and outer shells is packed with an insulating material, usually glass wool, and the heat radiated from the elements is thus carefully conserved. The only opening is a very small vent. This is made possible by the fact that there are no products of combustion from the electric heating element, and no fumes. A thermometer is fitted to guard the oven —and guide the user—to guard against extreme temperatures and to guide in the process of cooking.

Both the interior and exterior of the range are finished with porcelain enamel. The nature of the range, and the material used, make it possible to secure a pleasing finish and general appearance. The

individual elements are controlled each by its own switch, and the whole range is controlled by an independent ironclad switch.

The fuses are readily accessible, and can easily be replaced. Spare fuses are usually provided with ranges. Each user should keep one or two spare fuses.

The Care of the Range. When new, the electric range is the acme of brightness and cleanliness. These features cannot be lost except by neglect over a period. If the porcelain surface is kept clean, the range will never lose its good appearance. Any condensation, or anything that has boiled over, should be removed while the range is warm. After cooking, never postpone restoring the range to complete cleanliness. A special polish for cleaning porcelain enamel may be purchased from the Department and from most electrical stores.

Should the wire in a fuse be melted, replace the fuse. If the second fuse also fails it would be advisable to secure expert advice, as a fault may have developed. *Always open the main ironclad switch when (a) the range is out of use, (b) when cleaning it, (c) when replacing a fuse.*

Use of Range. The first essential in the successful use of an electric range is to realise that cooking requires a nice control and application of heat, and that the electric range is an appliance designed to give excellent control with the greatest ease. An electric range applies heat economically and with the maximum efficiency. From the practical point of view, one of the greatest advantages of electric cooking is that the temperature can be regulated to any degree required. Thus the unskilled cook is assured of good results by paying careful attention to times and temperatures.

The aim should be to secure the desired results with the use of the minimum amount of heat. Remember that excessive heat means indifferently cooked food and unnecessary use of current. For

economical operation, do as much cooking as possible while the oven is hot. The same amount of heat can be used to cook several articles if they are taken in rotation according to the temperatures they require. Much cooking can be done with the heat stored in the hotplates or oven after the elements have been switched off. Observe carefully the results you obtain, and adjust your use of the range continually in the light of experience. For all cooking that is repeated daily, learn by observation exactly how soon the element can be switched off, and the operation completed on the stored heat. In the case of anything boiling, for instance, when it begins to "sing" switch to low or switch off, as experience dictates.

Electricity for cooking is clean, simple, healthy and economical. It is easily regulated, produces perfectly reliable results, and is practically automatic. Merits not always realised are the two outstanding facts that with electric cooking there is a complete absence of fumes, and an equally complete independence of draughts. An electric range can be as safely and effectively used in a small closed room as in an open doorway.

The electric range operates silently. For the few minutes the ovens or hotplates are being brought up to the necessary heat, the range should be kept under observation. Once the switches are turned to "low," or "off," it may be left with cooking in progress for any length of time with complete confidence and safety. It is well to cultivate the habit of casting an eye over the switches when passing the range, and so provide against current being consumed to no purpose. A clean range will rarely give trouble. Take a pride in your possession of this modern labour-saver, and reward its good work by giving it the care and attention it deserves.

DIRECTIONS FOR USING THE ELECTRIC RANGE.

The Oven.

1. Before using a new oven, turn top and bottom elements to full heat and leave them until the oven has attained a temperature of 400°. Then turn both elements off. This will destroy any loose ends of packing, grease, or anything which has accumulated in the oven during manufacture and transport, which might cause odours.
2. To prepare the oven for baking turn both switches on high until the thermometer registers the required heat, then turn switches to positions given in the recipes and place the food in the oven.
3. The centre of the oven is the best for all kinds of baking, both large and small cakes, scones, etc. Use the wire rack for standing cake tins on, not the metal scone tray. Several cakes may be baked at the same time on the wire rack in the centre of the oven.
4. Do not open the oven door when baking. A combination of the recipe time and your own good judgment will make it unnecessary. The thermometer is fitted to indicate the temperature, without the need of opening the door. The instructions given in the recipes allow for the complete cooking of the food. There should be no need to switch on more heat, when the temperature falls.
5. Remove grilling pan and spare trays from the oven when baking.
6. It should be remembered that any heat-producing equipment is, of necessity, capable of being over-heated. The oven will withstand 600° but there is nothing that ever needs a temperature as great as this in baking. If an oven is allowed to become over-heated, it may

destroy the thermometer and damage the interior surface.

7. Do not keep food in the oven when the range is not in use. It is intended for cooking food, not storing it.
8. It is more economical to cook dinners in the oven than on top of the range. It is possible to cook meat, pudding and vegetables in the oven together.

The Hotplates.

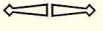
1. Switch to high until the water begins to boil, then to low. In many cases the switch may be turned to low before the water actually boils. Experience will determine the correct time to do this.
2. Two or three saucepans may be boiled on one element—keep the switch on medium if necessary.
3. Use saucepans and other utensils that will, as far as possible, cover the elements. Flat-bottomed utensils are preferable, and more efficient—aluminium or good grade enamel ware give the best service.
4. The ironclad elements may be used in place of a girdle to make pikelets and girdle scones.

THE COST OF ELECTRIC COOKING.

The cost of electric cooking will be determined largely by the attention given to the foregoing suggestions, particularly regarding the economical use of stored heat. An electric range used regularly for cooking food in an average household of say five persons will use about one unit of electricity per day per person. For a large family, the cost will not increase proportionately, seven persons requiring perhaps six units per day. The actual amount varies naturally with the class of cooking

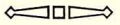
required. For average purposes, and under normal circumstances, the cost of electric cooking in Christchurch is about 6d. per head per week. In England, where other methods of cooking are much cheaper than in New Zealand, electric cooking is making remarkable progress. In short, it can be claimed that electric cooking, besides being cleaner, more hygienic and safer, is definitely cheaper than any other method.

The above notes touch on some of the more important matters likely to arise in applying the use of electricity in the home. No guide can cover every possible need, neither can any commendation adequately express the satisfaction being experienced by those who are securing the full benefit of domestic electrical supply. Further information will always gladly be given by the Municipal Electricity Department.



Municipal Electricity Department

CHRISTCHURCH



Recipes

The recipes published in this Guide have been gleaned from various sources. Many of them have been provided by Miss A. R. Powell, B.H.Sc., formerly the Department's demonstrator, who has proved, in use, all the recipes here given.

KITCHEN MEASURES.

Wherever possible, weights have been given rather than measures, as being the more accurate method of cooking. The cup used is a standard half-pint measuring or breakfast cup.

Kitchen Measure Definitions

DRY

1 level tablespoon of Butter	1 oz.
1 heaped tablespoon of Butter	2 oz.
1 level cup of Butter	½ lb.
Butter size of a Walnut	1 oz.
Butter size of an Egg	2 oz.
4 cups of flour	1 lb.
2 cups of Sugar	1 lb.
2½ cups of Icing Sugar	1 lb.
9 Eggs	1 lb.

LIQUID

8 tablespoons of liquid	½ cup or 1 gill
2 gills or 1 cup	½ pint
4 gills or 2 cups	1 pint

COMPARATIVE TEMPERATURES

For the sake of consumers using other recipes than those in this book, we give a list of the most commonly used cooking heats in terms of degrees fahrenheit as used in the electric oven:

Very slow	225° to 250°
Slow	250° to 350°
Moderate	350° to 400°
Hot	400° to 450°
Very hot	450° to 500°

Recipes

Soups

"Now, good digestion wait on appetite and good health on both."—MACBETH.

COOKING MEAT FOR SOUPS

When clear stock is to be made from fresh meat the required quantity of meat should be cut into small pieces rather than large ones, so as to expose as much of the surface as possible from which the flavour of the meat can be drawn. A little more flavour is obtained and a brown colour developed if a small part, perhaps a fourth, of the pieces of meat are first browned in the frying pan. The pieces thus browned, together with the pieces of fresh meat, are put into a pan and a quart of cold water for each pound of meat is then added. The reason for using cold water rather than hot will be evident when the action of cold water on raw meat is understood.

The fibre of meat is composed of innumerable threadlike tubes containing the flavour that is to be drawn out into the water in order to make the stock appetising. When the meat is cut these tiny tubes are laid open. Putting the meat thus prepared into cold water and allowing it to heat gradually tends to extract the contents of the tubes. This material is known as **extractives,** and it contains in its composition stimulating substances. On the other hand, plunging the meat into hot water and subjecting it quickly to a high temperature will coagulate the protein in the tissue and prevent the extractives from leaving the tubes. To obtain the full flavour from meat that is properly prepared it should be put over the 660 watt element and allowed to come

gradually to the boiling point. As the water approaches the boiling point a scum consisting of coagulated albumin, blood, and foreign material will begin to rise to the top, but this should be skimmed off at once and the process of skimming continued until no scum remains.

When the water begins to boil rapidly, turn the element to low so that the water will bubble only enough for a very slight motion to be observed. The meat should be allowed to cook for at least four hours, but longer if possible. If during this long cooking too much water evaporates, more should be added to dilute the stock. The salt that is required for seasoning may be added just a few minutes before removing from the fire. However, it is better to add the salt together with other seasoning after the stock has been drawn off, for salt, like heat, has a tendency to harden the tissues of meat and to prevent the flavour from being readily extracted.

HOUSEHOLD STOCK

3 quarts Cold Water
3 lb. Meat and Bones
1 medium-sized Onion
4 Cloves
Salt
Pepper

Pour the cold water over the meat and bones and put them on the 660 watt element to cook. When they come to the boil skim well, then cover and simmer 4 to 6 hours with the element turned to low. Add the onion, cloves, salt and pepper to taste and cook for another hour.

VEGETABLE SOUP

2 quarts Stock
2 Potatoes
1 Onion
1 Carrot
2 tablespoons Rice
3 Tomatoes or 1 cup bottled Tomatoes
½ tablespoon chopped Parsley.
Salt and Pepper

Cut all the vegetables fine. Bring to boil on the 660 watt element turned on high, then turn to low and simmer 2 hours, season and serve at once.

LENTIL SOUP

½ lb. Lentils
2 Onions
2 quarts Water
1 Carrot
1 stalk Celery
¼ lb. Bacon

Cut onions, carrots, and celery into small cubes, wash lentils and add water, vegetables and bacon. Cook on the 660 watt element, bringing to boil on full heat, turn to low heat and simmer for 2 hours. Lift out piece of bacon, put soup through a sieve and season with salt and pepper, bring to boil and serve at once.

CREAM SOUP

1 cup Milk
1 tablespoon Flour
¼ cup Vegetable Purée
1 tablespoon Butter
Salt and Pepper

Prepare vegetable purée by cooking the vegetables until tender, and then rubbing them through a sieve. Make a sauce of the remaining ingredients and when cooked add the hot purée. In making the sauce, vegetable water may be used in place of some of the milk.

Cream soups are very nutritious and make excellent tea or lunch dishes for children. Suitable vegetables are tomatoes, carrots, potatoes, swedes, peas, beans, lentils and spinach.

OYSTER SOUP

2 cups White Stock
1 cup Milk
¼ cup Cream
1 tablespoon Butter
1 tablespoon Flour
1½ doz. Oysters
½ teaspoon Anchovy Sauce
Salt and Pepper

Scald the oysters and beard them; boil the beards in the stock on the 660 watt element for 10 minutes. Strain and add the milk, melt the butter, and mix in the flour; add to liquid, bring to boil and cook 5 minutes. Add oysters, cream, salt, pepper, and anchovy sauce, and serve at once.

TOMATO AND LIVER SOUP

½ lb. fresh Tomatoes
½ lb. Liver
1 stick Celery
Salt and Pepper
1 teaspoon Cornflour
1 bunch Herbs
1 Onion
1 pint Stock or Water

Slice the tomatoes, peel and slice the onion, chop the celery. Boil the stock and add vegetables and liver. Simmer ½ hour. Remove liver and grate. When vegetables are tender, rub through a sieve, return to saucepan, add liver, thicken and season.

WHITE STOCK

Knuckle of Veal, about 4 lb.
2 Carrots
2 teaspoons Salt
1 quart Water to each lb. Veal
2 stalks Celery

Cut veal into small pieces, put into pan, and add water and salt, and bring to the boil on the 660 watt element; add vegetables cut fine and cook about 2 hours.

Meats

"Some hae meat an' canna' eat,
And some wad eat that want it,
But we hae meat an' we can eat,
And sae the Lord be Thank'it."

—BURNS.

ROASTING

Place the wire rack in the centre of the oven. Turn both switches to high until the oven reaches 450°. Place meat in the roasting pan and place pan on the wire rack in the oven, leaving both switches on high until the joint is seared. This should take from 3 to 5 minutes, then turn the top element off and the bottom element low. Unless it is a large joint the vegetables can be placed in the pan at the same time as the meat. There is no need to turn or baste the meat. When putting in the pudding, move the meat to the bottom rung of the oven and place the pudding in the centre.

TIMES FOR ROASTING

Beef—15 min. for each lb., and 15 min. over.
Veal—20 min. to the lb., and 20 min. over.
Mutton—15 to 20 min. to the lb.
Lamb—15 to 20 min. to the lb.
Pork—20 to 25 min. to the lb.
Game and Poultry—time according to size.
Turkey—from about 1½ to 2½ hours.
Young Fowls—about 1 hour.
Ducks—about 1 hour.
Goose—about 1½ hours.
Quail—about 25 min.
Rabbit—about 1 hour.
Hare—about 1 to 1½ hours.
Venison—15 to 20 min. per lb.
Fish—15 min. per lb.

STEWING

This method of cooking is particularly suited to cooking all tough cuts of meat, and consists of long slow cooking in a little liquid in a tightly covered vessel. The cooking may be done either on top of the stove, or, better still, in the oven in a casserole. Start the meat at 450°, top element off and bottom element low. All thickening can be added to the raw meat and vegetables.

GRILLING

For grilling use the top element in the oven, unless a separate griller is provided. Place the grilling pan in the top of the oven and turn the top element only to high for 8 to 10 minutes. Place meat on the wire rack in the grilling pan and leave switch on high until the meat is seared on either side, then turn to low and continue grilling. It is very important to have the element thoroughly heated before commencing to grill, as the outside of the meat must be seared quickly to retain the juices. Remove grilling pan from the oven when not in use.

Times for Grilling

Beef (rare), per lb.	8 to 10 min.
Beef (well done), per lb.	12 to 15 min.
Mutton chops	6 to 8 min.
Pork chops	15 to 20 min.
Sausages	8 to 10 min.
Fish	8 to 10 min.

FRYING

Frying may be done either in deep fat or in shallow fat, i.e., "Sautéing."

Deep fat frying is done in a thick saucepan on the hot plate with sufficient fat to cover the food.

Sautéing or frying in shallow fat may either be done in a frying pan on the hotplate or else in the grilling pan in the oven. Turn oven top to high and place fat in the pan; when hot, place food in the fat and switch to low.

MEAT LOAF

2 lb. Beef
1 teaspoon Salt
1 tablespoon Parsley
Pepper
1 cup Breadcrumbs
2 oz. Bacon
1 Egg
1 teaspoon Onion Juice
½ cup Milk

Mince meat, add other ingredients and mix well. Shape into a loaf with floured hands and bake at 450°, top off, bottom low, for 45 min. Place strips of bacon on top before baking. Serve with brown gravy or tomato sauce.

INDIVIDUAL LAMB PIES

2 cups diced Lamb or Mutton
½ cup diced Carrots
½ cup cooked Peas
1 cup Gravy

Cut into small pieces any left-over lamb or mutton. Cook the carrots until they are soft, on the 1500 watt element. Turn element to low and add peas, meat and gravy. Simmer 10 minutes. Line patty tins with pastry, fill with the mixture,

and cover the top with another layer of pastry. Bake in oven 450°, top element off, bottom element low; time, 20 minutes.

VEAL AND HAM PIE

Short Pastry
¼ lb. Bacon
1 teaspoon Parsley
Pepper
1 lb. Veal Steak
1 hard-cooked Egg
1 teaspoon Salt
1 cup Stock or Water

Cut the veal in small pieces and slice the ham. Season well and place in piedish. Put hard cooked egg, sliced, on top, add stock and cover with pastry. Bake at 450°, top element off, bottom element low, for 1½ hours to 2 hours.

RABBIT CASSEROLE

Cut the rabbit into neat joints and rub with flour seasoned with salt and pepper. Put in a casserole in layers with chopped bacon, onion and parsley. Cover with milk and put a thick layer of breadcrumbs on top. Bake at 400°, top off, bottom low, for 2 hours.

VEAL BIRDS

2 lb. thin slices of Veal Steak, 4in. x 2in.
2 oz. Pork or Bacon, minced
¼ lb. Breadcrumbs
1 small Onion
Parsley
½ teaspoon Salt
Pepper
3 tablespoons Lemon Juice
1 Egg

Make stuffing and spread on steak. Roll up each bird and skewer with a toothpick. Dredge in flour and fry until brown. Put in a slow oven, 1½ to 2 hours, at 400°, top element off and bottom element low.

LIVER CASSEROLE

½ pint Tomato Sauce
3 small Onions
½ lb. Liver
Salt and Pepper

Cut liver in small pieces and cook all in a casserole for 1 hour at 400°, top element off and bottom element low.

LIVER SHEPHERD'S PIE

8 oz. Liver
Salt and Pepper
1 Onion
½ cup Stock
1 oz. Flour
1 cooked Potato

Peel and chop the onion. Boil stock, add onion and liver in one piece and simmer 20 minutes. Remove the liver and cool. Rub on a coarse grater. Add flour to hot stock and boil 3 minutes; add liver and season. Put in a dish with potato on top and cook at 400°, 20 minutes.

SCALLOPED PORK AND CABBAGE

2 cups small thin slices of Cold Pork
1½ cups cooked chopped Cabbage
1½ cups thin White Sauce
¼ cup buttered Crumbs

Arrange the pork and cabbage in layers in a baking dish, having a layer of cabbage on top. Pour the white sauce over all and sprinkle the crumbs on top. Bake in oven 400°, both elements low; time, 20 minutes.

SPANISH STEW

Left-over lamb and mutton may be used for this very appetizing dish known as Spanish Stew.

2 oz. Butter
1 Onion, sliced
1 level tablespoon Flour
2 cups Lamb or Mutton, diced
1½ cups stewed Tomatoes
1 cup Stock or Gravy
1 tablespoon Tomato Sauce
1 Apple, sliced
2 teaspoons Salt
½ cup cold cooked Rice

Put the butter in a frying pan and brown the sliced onion and apple in it, on the 1500 watt element on high. Add the flour and meat, and after browning them pour in the stewed tomatoes and the stock or gravy. Season with the tomato sauce, salt and pepper. Cover and simmer with element turned low until the whole is well thickened and blended.

RICE AND MEAT PATTIES

1 cup finely chopped left-over Meat	Chopped Onion
1 cup cold steamed Rice	1 Egg
½ cup thick White Sauce	Fine Breadcrumbs
	Salt and Pepper

Mix the meat, rice, white sauce, onion, salt and pepper to taste. Shape into patties, roll first in the egg and then in the breadcrumbs. Heat fat on the 1700 element and turn element low; fry until golden and serve with any desirable sauce.

ROAST FOWL, GOOSE OR DUCK

Heat oven to 450°, place poultry in the centre of the oven, both switches on full to brown the meat, then turn the top switch off, bottom switch low, and leave for the required time. Poultry can be left in the oven several hours and will be beautifully tender cooked slowly in this way.

To cook a tough fowl when the oven is wanted for other cooking, roast the fowl until brown and then steam on top of the range for two hours or more.

SAVOURY SAUSAGES

Peel apples and cut in rounds. Butter a dish and put the apples in the bottom with a little butter. Season with salt and pepper. Arrange sausages on the apple, and add remaining apple and some butter. Bake at 400° for 30 minutes, top element off, bottom element low.

Fish

Special pains should be taken in the preparation of fish to be sure that it is scrupulously clean and fresh. Add lemon juice before cooking to improve the flavour. In **boiling,** the water should be bubbling so that the outside may be sealed at once to prevent the escape of good juices.

Best boiling fish are: Schnapper, trevalli, terakihi, kingfish, groper, mullet, and butter-fish.

To Fry Fish: Wash, and wipe fish dry; salt, rub in flour, drop in butter, roll in fine breadcrumbs, and fry in fat.

Best frying fish are: Flounders, sole, kingfish and schnapper steaks, terakihi, and mullet.

To Bake Fish: Clean and dry carefully inside and out, stuff and sew up fish, rub with melted butter, salt, and dredge with flour. Place in baking dish. Bake in oven, 450°, both elements high for two or three minutes, then top element off and bottom element low, allowing 15 minutes to each pound of fish.

Best baking fish are: Terakihi, schnapper, blue cod, mullet, trevalli, and mackerel.

To Grill Fish: Brush fillets with melted butter, sprinkle with flour, salt and pepper, and grill in top of oven (see page 7).

BATTER FOR FRYING FISH

4 tablespoons Flour
1 cup Milk
1 Egg
Salt and Pepper

Beat together thoroughly, dip fish into batter and then in breadcrumbs, and fry brown.

STUFFING FOR BAKED FISH

2 oz. Breadcrumbs
1 tablespoon Parsley
Onion Juice
Pepper
½ teaspoon Salt
1 oz. Butter
Lemon Juice
Egg and Milk to bind

FISH CASSEROLE

1 lb. Fish
Onion
1 oz. Butter
2 or 3 Tomatoes
1 teaspoon Parsley
Seasoning

Put slices of fish, floured and seasoned, in a greased casserole. Sprinkle with finely chopped onion and parsley. Place small pieces of butter on top and then sliced tomatoes. Bake at 400°, top element off, bottom element low, for 20 to 30 minutes.

SOUSED FISH

2 lb. Fish
Thyme
Peppercorns
Mixed Spice
1 Onion, chopped
Lemon Rind
Vinegar
Salt

Place fillets of fish in a casserole, add onion and seasonings. Cover with equal quantities of vinegar and water and cook in a slow oven 2 or 3 hours, or until the bones are soft. Cook at 375°, top element off and bottom element low. It may be served hot or cold. Suitable fish are: herrings, salmon, trout, terakihi, groper and kingfish.

FISH PASTIES

Pastry
Onion, chopped
Bacon, chopped
Potatoes, cut small
Fish, cut small
Salt and Pepper

Cut the pastry in rounds with a saucer, and place some of the mixture in the centre of each. Moisten the edges of the pastry and press together. Prick with a fork and brush with beaten egg and water. Bake at 475° for 25 to 30 minutes.

OYSTER PUDDING

1 doz. Oysters
2 oz. Butter
½ pint Milk
4 oz. Flour
1 Egg
¼ teaspoon Salt

Make a batter of flour, egg and milk, and let stand one hour. Then place oysters in butter in dish and make hot and pour batter over them. Bake in oven 450°, top element off, bottom element low; time, 35 minutes.

SALMON LOAF

1 cup Salmon
1 teaspoon Salt
1 teaspoon Onion Juice
½ teaspoon Chopped Parsley
1½ oz. stale Breadcrumbs soaked in 1 cup scalded Milk
2 well-beaten Egg Yolks
2 stiffly-beaten Egg Whites

Mix ingredients in order given, folding in stiffly-beaten egg whites last. Bake in well-greased tin. Oven 450°, top element off, bottom element low; time, 30 minutes.

FISH PUDDING

2 cups cold Fish
1½ oz. Breadcrumbs
½ cup Cream
1 cup Milk
2 Eggs
1 tablespoon chopped Parsley
Salt
Pepper

Chop and mince fish until quite fine, scald milk and pour it over the breadcrumbs, add well-beaten egg yolks, fish, parsley, seasoning, and cream, beat it well together, and fold in the stiffly-beaten egg whites. Bake in a well-buttered dish, oven 450°, top element off, bottom element low; time, 30 minutes.

WHITEBAIT SOUFFLE

1 cup Whitebait
1 cup Milk
1 oz. Breadcrumbs
2 Eggs
1 oz. Butter
Salt and Pepper

Heat milk and butter, and pour over the breadcrumbs; add egg yolks and whitebait, and then stiffly-beaten egg whites. Pour into a greased dish and bake at 375°, top element off and bottom element low, for 20 minutes.

OYSTER PIE

1 doz. Oysters
2 tablespoons Flour
1 tablespoon Butter
¾ cup Milk
1 Lemon
Salt and Pepper

Make a sauce with the milk, flour, seasoning and butter. Add the chopped oysters and cook a few minutes. Pour in a baked pie crust. Decorate the top with slices of lemon and serve very hot. Bake the pastry shell at 500°, top element off, bottom element low, for 20 minutes.

FISH AND TOMATO CUSTARD

½ lb. Fish
2 Tomatoes
1 cup Milk
½ Onion
1 Egg
Salt and Pepper

Grease a piedish. Place the sliced onion on the bottom. Sprinkle with flaked cooked fish and slices of tomato. Beat the egg slightly, add the milk and seasoning, and pour over the fish. Bake at 350° for 45 minutes or until set.

Entrees

CHEESE CUTLETS

1 cup Milk
7 level tablespoons Flour
2 oz. grated Cheese
½ teaspoon Salt
¼ teaspoon Mustard
¼ teaspoon Cayenne

Cook flour and milk until thick. Add salt, mustard, cayenne and cheese. Beat five minutes, pour on dish to cool (about 2 hours), cut in cutlets, dip in batter, roll in breadcrumbs, and fry brown on the 1700 watt element. Serve with cream sauce as follows:—

¾ cup Milk
3 level tablespoons Flour
⅛ teaspoon Pepper
¼ cup Cream
1 tablespoon Parsley, cut fine
¼ teaspoon Salt

Make sauce of milk and flour, cook 5 minutes on 660 watt element. Add cream, seasoning, and parsley.

EGG AU GRATIN

3 hard-boiled Eggs
2 oz. Butter
2 oz. grated Cheese
¼ teaspoon Salt
1 oz. Flour
1¾ cups Milk
2 tablespoons Breadcrumbs
⅛ teaspoon Cayenne

Boil eggs hard, melt 1 oz. butter, add the flour and milk, and stir well until it boils; add the seasoning and 1 oz. of the cheese. Cool the eggs and cut them in slices and set in layers in a dish, cover with the sauce, sprinkle with the breadcrumbs and the rest of the grated cheese, and dot with butter. Bake in oven 350°, top element off, bottom element low; time, 30 minutes.

MACARONI CHEESE

6 oz. Macaroni
½ pint White Sauce
Salt and Pepper
3 oz. grated Cheese
3 Eggs

Place macaroni in boiling salted water and cook 20 minutes on the 1500 watt element, medium. Strain and dash in cold water. Now place the macaroni in the dish, a layer of macaroni and a

layer of cheese. Separate eggs and add well-beaten egg yolks to white sauce and the seasoning, and lastly fold in the stiffly-beaten egg whites, pour over macaroni, and bake in oven 400°, top element off, bottom element low; time, 20 minutes.

SCRAMBLED EGGS WITH TOMATOES

2 oz. Butter
1 teaspoon minced Onion
Salt
1 cup stewed Tomatoes
6 Eggs
Pepper

Melt the butter and cook onion in it, add the tomatoes and seasoning, then the eggs slightly beaten. Cook on the 660 watt element on high until creamy, and serve on buttered toast.

SAVOURY TOAST

Toast
Butter
Minced Ham
4 oz. grated Cheese
2 tablespoons Cream
Seasoning to taste

Make the toast in the oven with the top element turned on full, brown one side and then the other side, butter and spread with minced ham and replace in oven to keep hot. While you are making the toast, turn the bottom element on full, and place the grated cheese and cream in a tin at the bottom of the oven. When cheese is melted, spread over the ham and serve immediately.

SPANISH OMELET

1 Egg
Salt
1 tablespoon Cold Water
Pepper

Separate the white and the yolk of the egg, and beat the yolk with the cold water. Fold in the stiffly-beaten egg white and pour into the hot greased omelet pan. Cook on the 1500 watt element, switch on low, until a pale brown underneath. Stand in a warm oven to set the top. Fold in half and turn out, serve at once. This may be varied by adding chopped parsley, ham, grated cheese, cooked vegetables, etc., and may be served with savoury sauces.

SOUFFLE

2 cups thick White Sauce
3 Eggs
½ teaspoon Salt

Sauce Recipe:
3 level tablespoons Flour to 1 cup Milk

Beat the yolks and whites of eggs separately, and add the yolks and seasoning to the white sauce. Cool, and fold in the beaten whites. Bake in well-greased soufflé dish at 350°, until firm to the touch, 30 minutes. Serve at once. The soufflé is varied according to flavourings added:

Cheese Soufflé—Add ½ to 1 cup of Grated Cheese.
Vegetable Soufflé—Add ½ to 1 cup of Chopped Vegetables.
Fish Soufflé—Add 1 cup of finely-minced Cooked Fish.

CHEESE FONDUE

1 cup scalded Milk
¼ lb. mild Cheese
1 teaspoon Salt
1½ oz. Breaderumbs
1 oz. Butter
3 Eggs

Pour milk on to breaderumbs and add butter and grated cheese. Add egg yolks and fold in stiffly-beaten whites. Pour into a greased dish and bake at 375°, top element off and bottom element low, for 35 minutes.

VEGETABLE CUSTARD

1 cup Potatoes, diced
1 cup Carrots, diced
1 teaspoon Salt
2 cups Milk
1 cup Peas
1 Onion
2 Eggs
Pepper

Put cooked vegetables in a greased piedish and pour on the custard. Bake in a slow oven, 350°, both switches off, for 1 hour.

SAVOURY APPLE TART

1 large Onion, sliced
Grated Cheese
2 Eggs
Salt and Pepper
2 large Apples
Flaky Pastry
1 cup Milk

Cook onion and apples together and cool. Line a plate with pastry, sprinkle with grated cheese, add apple mixture and pour over the custard. Bake at 450°, top element off, bottom element low, for 35 minutes.

Savouries

"Dainty ways of serving food have a usefulness beyond their æsthetic value."

CHEESE PUFFS

Pastry
1 Egg White
2 oz. grated Cheese
⅛ teaspoon Salt and Cayenne

Roll pastry thin and cut in rounds, brush with stiffly beaten egg white, sprinkle with cheese and seasoning, place another round on top and repeat until three are placed on top of each other. Bake in oven 450°, top element off, bottom element low; time, about 25 minutes.

CHEESE CREAMS

½ lb. Flour
3 oz. grated Cheese
1½ oz. Butter
¼ cup Milk
¼ cup Water
½ teaspoon Salt

Sift flour and salt, rub in butter and add 3 oz. grated cheese, mix with milk and water. Roll thin, cut in rounds, bake in oven 375° top element off, bottom element low; time, 15 minutes.

When cold take ½ cup whipped cream, 1 tablespoon chopped parsley, pinch of salt, pepper, and 2 oz. grated cheese, mix together, and place 1 teaspoonful on top of each biscuit, decorated with a piece of stuffed olive or caper.

CHEESE TARTLETS

Pastry
2 oz. Butter
1 oz. Breadcrumbs
2 small Eggs
2 oz. grated Cheese
1 teaspoon Baking Powder
¼ cup Milk
½ teaspoon Salt

Line patty pans with pastry. Cream butter, add breadcrumbs alternately with well-beaten eggs. Add cheese, then milk and baking powder. Put one tablespoon in each patty pan. Bake in oven 450°, top element off, bottom element low; time, 20 minutes.

EGG CREAM

Pastry
4 Olives
2 Eggs
1 tablespoon grated Cheese
2 tablespoons Cream
Salt
Pepper
Mustard

Cut pastry in small shapes, prick with a fork, and bake in oven 450°, top element off, bottom element low. Chop olives fine, boil eggs hard, and rub through a sieve, add cheese seasoning and cream. Place biscuits together with filling.

OYSTER PATTIES

2 doz. Oysters
2½ oz. Butter
¼ Lemon
2 oz. Flour
1 pint Milk
Salt and Cayenne Pepper

Make a sauce of the flour, butter and milk, chop oysters and add to the sauce, cook gently a few minutes and season. Put in hot pastry shells.

SARDINE ROLLS

Pastry cut into strips. Bone sardine and sprinkle with lemon juice, roll each sardine in pastry. Beat yolk of eggs and add two tablespoons water, brush over each roll. Bake in oven 475°, top element off, bottom element low; time, 25 minutes.

ANGELS ON HORSEBACK

1 pint Oysters
½ lb. Bacon

Drain and wipe the oysters, wrap each in a thin slice of bacon, fasten with tooth picks. Cook under the griller until the bacon is crisp and brown. Serve on rounds of toast, with or without a sauce.

SARDINE SAVOURY

Toast fingers of bread and spread with butter. Roll sardines in grated cheese, place on toast and put under the grill for a few minutes.

CHEESE STRAWS

2 oz. Flour
2 oz. Butter
Cayenne Pepper
3 oz. grated Cheese
2 tablespoons Milk
Salt to taste

Chop the butter into the flour, add the other ingredients. Mix to a stiff dough with milk. Roll thinly and cut in narrow strips. Bake at 425° for 5 minutes.

CHEESE BONBONS

Pastry
1 pkt. Cream Cheese
2 tablespoons Tomato Sauce
½ teaspoon Salt
Few grains of Cayenne
⅓ cup Walnuts

Cut pastry into small rounds, bake in oven 400°, top element off, bottom element low; time, 15 minutes. Cream cheese, sauce, and seasoning, spread on top of each round and press half walnut on top.

Vegetables

In cooking vegetables, the object should be to preserve the valuable mineral salts and vitamins contained in all vegetables. Soda should not be added to vegetables as it destroys the vitamins.

BOILING

Place ½ inch water in the saucepan, add salt, and boil. When boiling, add the vegetables, replace the lid and boil rapidly until tender. Green vegetables should always be cooked in a little water and as quickly as possible.

Starchy, or root vegetables, such as potatoes, carrots, parsnips, swedes, etc., may be boiled in the oven when cooking an oven dinner. Place in a casserole with a very little water and salt and place near the bottom of the oven. The time taken to cook vegetables in the oven, is the same as for steaming, ¾ hour to 1 hour for most vegetables.

BAKING

Start at the same temperature as for meat, 450°. Vegetables for baking are potatoes, onions, parsnips, carrots, marrow, pumpkin, etc.

STEAMING

This is one of the best methods of cooking vegetables on the hot plate. The full value of the vegetables is retained and not boiled away.

BAKED STUFFED MARROW

1 medium Marrow
Savoury stuffing with minced meat, breadcrumbs, sausage meat, seasoning, etc.

Cut a piece off one end of the marrow, after peeling, and scoop out the inside. Fill with stuffing, and bake at 450° for 45 minutes. Serve with a brown sauce or tomato sauce.

VEGETABLES AU GRATIN

1 cup medium White Sauce
1½ cups Vegetables, cooked
¼ cup grated Cheese
Breadcrumbs

Add cheese to the sauce and put layers of sauce and vegetables in a greased pie dish. Cover the top with breadcrumbs and bake at 400°, top element off, bottom element low, for 20 minutes.

COUNTRY PIE

1 Carrot
½ Swede
2 hard-cooked Eggs
Milk
3 small Onions
4 small Potatoes
½ tablespoon Sago soaked overnight

Have vegetables cooked and sliced and put in layers in a pie dish with salt, pepper and sago. Put sliced eggs on top and pour over enough milk to moisten. Cover with a short crust and bake at 450°, top element off, bottom element low, for 30 minutes.

BAKED STUFFED TOMATOES

Cut a small piece from the stem end of the tomatoes, scoop out the centre and mix with breadcrumbs and savoury seasoning such as sausage meat, minced ham, grated cheese, mushrooms, etc. Fill tomatoes with mixture and place in an enamel dish. Bake at 400°, top element off, bottom element low, for 20 minutes.

ESCALLOPED TOMATOES

1 pint Tomatoes, sliced
2 oz. Butter
2 teaspoons Salt
3 oz. Breadcrumbs
1 tablespoon Sugar
Pepper

Put in a greased pie dish, in layers, finishing up with a layer of breadcrumbs, and dot with butter. Bake at 400°, top element off, bottom element low, for 30 minutes.

STUFFED BAKED POTATOES

6 large Potatoes
2 teaspoons Salt
Pepper
$\frac{1}{3}$ cup hot Milk
$\frac{1}{4}$lb. grated Cheese

Scrub the potatoes and bake at 400°, top element off, bottom element low, for 40 minutes. Cut in half lengthwise and scoop out the centre. Mash well and add the cheese, hot milk and seasoning and beat until smooth. Refill the shells and bake again until brown, about 10 minutes. Minced meat may be used in place of the cheese.

HARVARD BEETS

12 small Beetroots
2 oz. Butter
$\frac{1}{2}$ cup Vinegar
$\frac{1}{2}$ tablespoon Cornflour
$\frac{1}{2}$ cup Sugar

Cook the beets until soft, skin, and cut in slices or cubes. Mix sugar and cornflour, add vinegar and beetroot. Stand in a warm place for $\frac{1}{2}$ hour. Just before serving add the butter.

BEAN LOAF

1 cup cooked Beans (dried)
½ cup Breadcrumbs
2 tablespoons Tomato Pulp
1 Egg
1 tablespoon finely-minced Onion
Salt and Pepper

Combine all the ingredients and shape the mixture into a loaf. Bake for 25 minutes at 400°, top element off, bottom element low. Serve with tomato sauce.

POTATO CHEESE PUFF

3 cups mashed Potatoes
¼ lb. grated Cheese
Salt and Pepper
½ cup Milk.
2 Eggs

Heat the milk, and add the cheese and potatoes. Season, and add the egg yolks. Fold in the stiffly beaten egg whites, and pour into a greased baking dish. Bake at 400°, top element off, bottom element low, for 25 minutes.

VEGETABLE CURRY

1 cup Potatoes, diced
1 cup Carrots, diced
½ cup Turnips, diced
2 tablespoons Butter
¾ teaspoon Salt
Pepper
½ cup Peas
2 slices Onion
2 cups Milk
2 tablespoons Flour
½ teaspoon Curry

Have the vegetables cooked. Make a sauce with the milk, butter, flour, curry, salt and pepper. Cook well. Add the diced vegetables and when thoroughly hot, serve.

Bread, Scones, Gems, etc.

"She needeth least, who kneadeth best,
These rules which we shall tell;
Who kneadeth ill shall need them more
Than she who kneadeth well."

	Temp.	*Position of Switches.*	*Time.*
Scones	450°	Top low, bottom low	10 minutes
Gems	450°	Top off, bottom low	15-20 minutes
Yeast Bread	400°	Top off, bottom low	Depends on size
Nut Bread	450°	Top off, bottom low	Depends on size

SCONES

2 cups Flour
2 teaspoons Baking Powder
¼ teaspoon Salt
2 tablespoons Butter
1 teaspoon Sugar
Milk to mix

Sift flour, salt, sugar and baking powder, rub in the butter and mix to a soft dough with milk. Roll out, cut in shapes, place on a cold tray and bake at 450°, both elements low, for 10 minutes.

Scones may be started in a cold oven. Place near the bottom of the oven and turn both switches on full for 20 minutes, when the scones should be cooked.

DATE SCONES

1 lb. Flour
2 oz. Butter
3 tablespoons Sugar
½ pint Milk
2 Eggs
2 teaspoons Cream of Tartar
1 teaspoon Carbonate of Soda
¼ lb. Dates

Sift flour, dry ingredients, and rub in butter, cut dates into small pieces, mix in flour, beat egg and add to milk, and mix into stiff dough. Roll out, and cut into shapes. Bake in oven 400°, both elements low; time, 20 minutes.

GEMS

2 cups Flour
2 teaspoons Baking Powder
1 cup Milk
1 Egg
½ teaspoon Salt
2 tablespoons Sugar
2 oz. melted Butter

Beat egg and sugar, and add dry ingredients and milk alternately, and melted butter last. Three-quarter fill hot gem irons and bake at 450°, top element off, bottom element low, for 20 minutes.

PIKELETS

1 cup Flour
¼ cup Sugar
1 teaspoon Cream of Tartar
1 Egg
¾ cup Milk
¼ teaspoon Salt
½ teaspoon Soda
1 oz. melted Butter

Beat egg with the sugar and add the milk and soda to the sifted flour, salt, and cream of tartar; add melted butter last. Mix until smooth. Heat

the 1700 watt element for 3 or 4 minutes, turn switch to low, grease slightly and bake pikelets straight on the element.

BREAD

1 oz. Yeast
1¼ cups Water
3 teaspoons Salt
6 cups Flour
1 tablespoon Sugar
2 oz. melted Butter

Heat water to 80°, break yeast into it, add sugar, and let it stand 5 minutes. Add flour and salt when partially mixed, add butter, mix until smooth and knead into round smooth ball. Put into a greased bowl and lightly cover. Let rise in warm place for two hours, knead and let rise 45 minutes. Bake in oven 400°, top element off, bottom element low, for 1 hour.

WHOLEMEAL BREAD

3 oz. Lard
¾ cup Brown Sugar
1 cake Yeast
1 tablespoon Salt
3 cups lukewarm Liquid
8 cups Wholemeal Flour
1 cup White Flour for kneading

Place lard, the sugar and the salt in the mixing bowl, and add the yeast dissolved in a little of the liquid, then stir in the flour. If long process bread is wanted, stir in half of the flour and place the sponge where it will rise over-night. In the morning add remainder of the flour and knead. Allow it to rise until it has doubled in bulk, and then knead it again. After it is properly kneaded, shape it into loaves, place them in greased pans, let them rise until they have doubled in bulk, and then bake them in oven 425°, top element off, bottom element low, for 1 hour.

Quick process: use all the flour and knead at once, allow to rise, knead again, and shape into loaves, rise and bake as above.

ORANGE LOAF

3 Oranges } Peel and boil the skins until tender, put through
½ Lemon } a mincer and cool.
1 cup Sugar
1 cup Milk
2 teaspoons Baking Powder
1 Egg
3 cups Flour

Mix dry ingredients and add beaten egg and milk, lastly add orange and lemon rind. Bake at 450°, top element off, bottom element low, for 45 minutes, in two tins. Leave one day before cutting.

SULTANA AND NUT LOAF

2 cups Flour
1 cup Milk
2 teaspoons Baking Powder
¾ cup Walnuts
1 Egg
½ cup Sugar
½ teaspoon Salt
¼ cup Sultanas

Mix the dry ingredients and stir in the beaten egg and milk. Bake at 450°, top element off, bottom element low, for 1 hour.

MARMALADE ROLLS

2 cups Flour
4 oz. Butter
½ teaspoon Salt
4 tablespoons Milk
2 teaspoons Baking Powder
¼ cup Marmalade
1 Egg

Rub the butter into the sifted dry ingredients, beat the egg and add milk and marmalade, mix to a soft dough. Roll and cut in rounds with a 2-inch cutter. Brush half the circle with melted butter, fold over and bake at 425°, top element off and bottom element low, for 15 minutes.

GIRDLE SCONES

2 cups Flour
1 oz. Butter
1 tablespoon Sugar
1 teaspoon Soda
1 teaspoon Cream of Tartar
1 cup Milk

Mix as for plain scones, roll ½-inch thick, cut in quarters and bake on slightly greased hot plate as for pikelets. Turn switch to high for 3 or 4 minutes, then to low to cook the scones. Turn the scones when they are well puffed and cook the other side. The cooking should be quite slow so that they will be well baked, but not have too dark a crust.

WAFFLES

2 cups Flour
1 teaspoon Salt
1½ cups Milk
3 teaspoons Baking Powder
2 Eggs
6 oz. melted Butter

Beat egg yolks and milk, add dry ingredients and beat with the egg beater until smooth. Add melted butter and fold in beaten egg whites. Heat waffle iron 10 minutes, pour in mixture and leave until it stops steaming. Waffles may be varied by adding ½ cup grated cheese, ½ cup coconut, or ½ cup minced ham.

Cakes

"With weights and measures just and true,
Oven of even heat,
Well-buttered tins and quiet nerves,
Success will be complete."

	Temp.	*Position of Switches.*	*Time*
Sponge Sandwich	375°	Top off, bottom low	20 minutes
Sponge Roll - -	375°	„ „	15 minutes
Small Butter Cake	400°	„ „	30 minutes
Large Butter Cake	425°	„ „	60 minutes
Plain Fruit Cake or Sultana Cake	450°	„ „	Depends on size
Rich Fruit Cake -	350°	„ „	Depends on size
Drop Cakes - -	375°	„ „	15-20 minutes
Cakes in Paper Cases - - - -	400°	„ „	15-20 minutes
Cream Puffs - -	450°	„ „	30 minutes
Meringues - - -	250°	Top off, bottom off	1–2 hours

N.B.—Turn switches to positions indicated BEFORE placing cakes in the oven. Place all cakes in the centre of the oven.

Sponges

SPONGE SANDWICH

3 Eggs
½ cup Flour
1 teaspoon Baking Powder
Essence
½ cup Sugar
¼ cup Cornflour
1 tablespoon cold Water

Beat eggs and cold water together, add sugar and beat until light and fluffy. Fold in sifted dry ingre-

dients. Bake in greased sandwich tins at 375°, top element off, bottom element low, for 20 minutes.

Use this recipe for Sponge Kisses and Butterfly Cakes. Bake at the same temperature for 10–12 minutes.

BUTTER SPONGE

3 Eggs
1 level cup Flour
½ teaspoon Soda
1 oz. Butter
¾ cup Sugar
1 teaspoon Cream of Tartar
¼ cup Milk

Beat eggs and gradually add sugar. Then fold in the sifted flour and cream of tartar. Add the milk, soda, and butter heated together to boiling point. Mix well and pour into greased sandwich tins. Bake at 375°, top element off, bottom element low, for 20 minutes.

This may be made into a Chocolate Sponge by adding one tablespoon of cocoa, or into a Coffee Sponge by adding a dessertspoon of coffee essence.

SPONGE ROLL

3 Eggs
¾ cup Sugar
1 teaspoon Baking Powder
2 tablespoons Water
1 level cup Flour

Beat eggs, water and sugar, fold in flour and baking powder, and bake in sponge roll tin at 375°, top element off, bottom element low, for 15 to 20 minutes. Turn into a cloth, cut off the edges, spread with jam, and roll quickly.

EGG YOLK SPONGE

4 Egg Yolks
⅓ cup Hot Water
1 teaspoon Baking Powder
⅔ cup Sugar
1 level cup Flour
½ teaspoon Essence

Beat eggs and sugar, gradually beat in hot water, and continue beating until thick and light. Fold in the flour and baking powder, and bake as for a Sponge Sandwich.

Butter Cakes

ORANGE CAKE

12 oz. Flour
6 oz. Butter
½ cup Milk
½ teaspoon Soda
8 oz. Sugar
Grated rind of 2 Oranges or Lemons
3 Eggs
1 teaspoon Cream of Tartar

Cream butter and sugar, add beaten eggs, and then the flour and cream of tartar sifted together, add the orange peel last with the soda and milk. Bake at 400°, top element off, bottom element low, for 45 minutes.

ONE-EGG CAKE

2 oz. Butter
4 oz. Sugar
1 Egg
6 oz. Flour
2 teaspoons Baking Powder
½ cup Milk
1 teaspoon Vanilla Essence

Cream butter, add the sugar gradually, add well-beaten egg, sift dry ingredients, and add alternately with the milk, add essence. Bake in a shallow pan, making a single layer, in oven 400°, top element off, bottom element low; time, 20 minutes. Ice with any desirable icing.

GOLD CAKE

2½ oz. Butter
5 oz. Sugar
4 Egg Yolks
5 oz. Flour
2 teaspoons Baking Powder
½ cup Milk
1 teaspoon Orange Juice
1 teaspoon Lemon Juice

Cream butter and sugar, beat the yolks of the eggs and add them, sift dry ingredients, and add alternately with the milk; add the orange and lemon juice. Bake in two layers in oven 400°, top element off, bottom element low; time, 25 minutes. Place together with orange filling, and ice top with butter icing.

BROWN SPONGE

2 tablespoons Butter
2 Eggs
½ cup Golden Syrup
½ lb. Flour
1 teaspoon Ginger
4 oz. Sugar
½ cup Milk
1 teaspoon Soda
1 teaspoon Spice

Bake in sandwich tins at 375°, top element off, bottom element low, for 25 minutes. Boil some dates with a little water for filling, and flavour with lemon juice. Ice the top with a white icing.

MACAROON CAKE

4 oz. Butter
3 Egg Yolks
½ cup Milk
2 teaspoons Baking Powder
4 oz. Sugar
1 teaspoon Vanilla
6 oz. Flour
Pinch of Salt

Spread in a flat greased tin and cover the top with the following Macaroon mixture:

3 Egg Whites, beaten
4 oz. Sugar
1 cup Coconut

Bake at 400°, top element off, bottom element low, for 40 minutes.

UPSIDE-DOWN CAKE

8 oz. Flour
4 oz. Sugar
1 teaspoon Baking Powder
4 oz. Butter
1 Egg
Pinch of Salt

Melt 2 tablespoons of butter in a cake tin, cover with brown sugar, sprinkle with chopped nuts and fruit. Spread over the cake mixture. Bake at 400°, top element off, bottom element low, for 35 minutes. Turn out of tin at once.

BANANA CAKE

4 oz. Butter
1 Egg
1 teaspoon Baking Powder
2 tablespoons Milk
1 teaspoon Vanilla
6 oz. Sugar
8 oz. Flour
1 teaspoon Soda
3 mashed Bananas
Salt

Cream the butter and sugar, add the beaten egg, then sifted flour and baking powder, and lastly the milk, soda, and bananas. Bake at 400°, top element off, bottom element low, for 40 minutes.

COFFEE CHOCOLATE CAKE

5 oz. Butter
1 lb. Sugar
2 Eggs
½ cup Milk
1 oz. Chocolate
½ cup strong Coffee
10 oz. Flour
3 teaspoons Baking Powder
½ teaspoon Salt
1 teaspoon Vanilla Essence

Cream butter and sugar. Add well-beaten egg yolks. Then add melted chocolate, the coffee and milk. Sift and add dry ingredients, and essence. Beat vigorously, and at the last moment before baking, fold in stiffly-beaten egg whites. Bake in oven 450°, top element off, bottom element low; time, 50 minutes.

CHOCOLATE CAKE

2 tablespoons Cocoa
4 oz. Butter
¾ cup Walnuts
1 cup Milk
1 teaspoon Soda
2 Eggs
8 oz. Sugar
1 cup Seedless Raisins
8 oz. Flour
½ teaspoon Cream of Tartar
1 teaspoon Vanilla
Pinch of Salt

Cream butter and sugar and add the beaten eggs. Fold in sifted flour, cream of tartar and salt, and add the soda and milk last with the fruit. Bake in sandwich tins at 400°, top element off, bottom element low, for 30 minutes. When cold, join together with chocolate filling and ice the top.

TROPICAL GINGERBREAD

1 cup Coconut
4 oz. Sugar
6 oz. Treacle
1 teaspoon Baking Powder
1 teaspoon Ginger
¼ teaspoon Salt
4 oz. Butter
2 Eggs
1 teaspoon Soda
8 oz. Flour
1 teaspoon Cinnamon
½ cup cold Water

Cream the butter and sugar and beat in the eggs. Add soda and treacle combined and then the spices, salt, flour and powder alternately with the water. Pour in a greased tin and bake at 375°, top element off, bottom element low, for one hour.

MADEIRA CAKE

½ lb. Butter
4 Eggs
¼ cup of Milk
½ teaspoon Soda
½ lb. Sugar
¾ lb. Flour
1 teaspoon Cream of Tartar
Flavouring

Cream the butter and sugar well, add beaten eggs, and fold in the flour and cream of tartar. Add the soda and milk last. Bake at 400°, top element off, bottom element low, for 1½ hours.

Fruit Cakes

CHRISTMAS CAKE

1 lb. Butter
½ lb. Currants
½ lb. Sultanas
½ lb. Cherries
3 teaspoons Spice
3 teaspoons Nutmeg
1 teaspoon Almond Essence
1 wineglass Brandy
1 lb. light Brown Sugar
2 lb. Raisins
½ lb. Peel
1¼ lb. Flour
½ lb. Almonds
1 teaspoon Rosewater
10 Eggs

Beat butter and sugar together, beat in the eggs, and add the flour, spices and essences. Add the fruit last. Line a 12-inch tin with one layer of butter paper and bake at 350°, top element off, bottom element low, for 4½ to 5 hours.

SULTANA CAKE

3 Eggs
5 oz. Sugar
1 teaspoon Baking Powder
2 oz. Peel
5 oz. Butter
¾ lb. Flour
½ lb. Sultanas
Essence of Lemon

Cream butter and sugar, add eggs, then flour and baking powder, and lastly the fruit. Bake at 450°, top element off, bottom element low, for 1½ hours.

WHOLEMEAL FRUIT CAKE

½ lb. Flour
½ lb. Raisins
½ lb. Sugar
¼ cup Milk
1 teaspoon Spice
½ lb. Wholemeal
½ lb. Butter
3 Eggs
1 teaspoon Soda

Mix as for Sultana Cake, and bake at 425°, top element off, bottom element low, for 1½ hours.

CHERRY CAKE

½ lb. Flour
¾ lb. Sugar
¾ lb. Butter
1 oz. Peel
¼ lb. Glacé Cherries
2 Eggs
1 teaspoon Baking Powder
1 tablespoon Milk

Cream butter and sugar, sift dry ingredients, add well-beaten eggs, then dry ingredients and fruit, lastly 1 tablespoon of milk. Bake in oven 450°, top element off, bottom element low; time, 40 minutes.

Small Cakes

KISSES

The weight of 2 eggs in Flour, Butter, Sugar, Cornflour, and 1 teaspoon Baking Powder.

Cream butter and sugar, add well-beaten eggs, and fold in dry ingredients. Drop on cold oven tray. Bake in oven 375°, top element off, bottom element low. Time, 15 minutes. When cool, place together with jam, and sprinkle with icing sugar.

DATE KISSES

2 Egg Whites
1 cup Castor Sugar
1 cup broken Nuts
1 cup Dates, cut fine

Beat egg whites stiffly, and add sugar. Beat 3 minutes. Fold in nuts and dates. Drop on cold oven tray. Bake in oven 350°, top element off, bottom element low. Time, 20 minutes.

LEMON BUNS

½ lb. Flour
2 oz. Butter
2 oz. Sugar
1 teaspoon Baking Powder
1 teaspoon grated Lemon Rind
½ teaspoon Lemon Juice
2 Eggs

Cream butter and sugar, add grated lemon rind, well-beaten eggs, and lemon juice. Sift and add dry ingredients. Beat to a smooth batter. Bake in patty pans. Oven 400°, top element off, bottom element low. Time, 15 minutes. When cool ice with lemon icing.

CHERRY DROPS

2 Eggs, their weight in Sugar, Butter, Flour, and the weight of one egg in glacé cherries (chopped fine), ½ teaspoon Baking Powder.

Cream butter and sugar. Add well-beaten eggs. Sift and add dry ingredients, beating all the time. Half fill paper cases, and bake in oven 375°, top element off, bottom element low. Time, 15 minutes.

BUTTERFLY CAKES

¼ lb. Butter
¼ lb. Sugar
½ cup Flour
½ cup Cornflour
3 Eggs
1 teaspoon Baking Powder

Cream butter and sugar, add well-beaten eggs, sift and add dry ingredients. Fill paper cases three parts full, bake in oven 400°, top element off, bottom element low; time, 15 minutes. When cold, cut top out, fill with whipped cream, replace top like wings, and decorate with a small strip of angelica and a dot of cherry, sprinkle with icing sugar.

BROWNIES

2½ oz. Butter
2½ oz. Sugar
4 oz. Golden Syrup
1 Egg
5 oz. Flour
1 teaspoon Baking Powder
½ teaspoon Carbonate of Soda
½ cup chopped Nuts

Cream butter and sugar, add golden syrup, add well-beaten egg, sift and add dry ingredients. Fold in chopped nuts. Bake in patty pans in oven 350°, top element off, bottom element low; time, 20 minutes.

MALAY CAKES

2½ oz. Butter
8 oz. Sugar
1 Egg
¼ cup Milk
1 tablespoon Coffee Essence
5 oz. Flour
1½ teaspoons Baking Powder
¼ teaspoon Spice

Cream butter and sugar, add well-beaten egg, coffee essence, sift dry ingredients, and add alternately with milk. Bake in patty tins in oven 375°, top element off, bottom element low. Time, 20 minutes.

When cool, brush the edges with warm apricot jam. Roll in chopped nuts. Lift off top, fill with a little jam and whipped cream flavoured with coffee essence.

CORNFLAKE COOKIES

4 oz. Butter
6 oz. Flour
1 teaspoon Baking Powder
¼ cup Nuts
Cornflakes
4 oz. Sugar
2 Eggs
¼ cup Cherries
¾ teaspoon Essence

Cream butter and sugar, add eggs and dry ingredients. Drop by spoonsful among the cornflakes, coat well, and put on cold tray. Bake at 375°, top element off, bottom element low; for 15 to 20 minutes.

MACAROON TARTS

5 oz. Flour
1 tablespoon Sugar
½ teaspoon Baking Powder
2½ oz. Butter
2 Egg Yolks

Mix to a stiff dough, roll and cut in rounds to line small patty pans. Place a small spoonful of jam in each and then a spoonful of the following mixture:

2 Egg Whites
2 oz. Coconut
4 oz. Sugar

Beat egg whites and add sugar and coconut. Bake at 400°, top element off, bottom element low; for 20 minutes.

CREAM PUFFS

4 oz. Butter
4 Eggs
1 cup Boiling Water
1 cup Flour

Put butter and water in a saucepan, and heat to boiling point, add flour and beat well, removing from the stove as soon as it is mixed. Cool a little and add the eggs one at a time. Beat well. Drop in small spoonsful on a greased tray, and bake at 450°, top element off, bottom element low; for 35 minutes.

MERINGUES

2 Egg Whites
Vanilla
4 oz. Sugar
Salt

Beat egg whites and a pinch of salt until stiff. Add ⅔ of the sugar and beat until stiff. Fold in the remainder of the sugar. Grease tray well with butter and put small spoonsful of mixture on the tray. Bake at 250°, both switches off, for 1 to 2 hours.

COCONUT MACAROONS

3 Egg Whites, beaten stiff
2 teaspoons Flour
Flavouring
8 oz. Sugar
8 oz. Coconut

Put egg whites, sugar and flour in a saucepan and cook until the sugar dissolves. Add the coconut and flavouring. Drop in spoonsful on a greased tray. Bake at 350°, both switches off, for 20 minutes.

COFFEE CAKES

4 oz. Brown Sugar
2 oz. Sultanas
1 teaspoon Baking Powder
1 teaspoon Vanilla
4 oz. Butter
4 oz. Flour
2 teaspoons Coffee Essence
2 Eggs

Cream the butter and sugar. Add beaten eggs alternately with sifted dry ingredients. Add coffee essence, vanilla and sultanas. Bake in paper cases at 400°, top element off, bottom element low, for 15 to 20 minutes. Ice with mocha icing.

HERMITS

6 oz. Golden Syrup
4 oz. Sugar
4 oz. melted Butter
Pinch of Salt
½ cup chopped Raisins
A little Peel, chopped
1 teaspoon Soda
½ cup Milk
1 teaspoon ground Cloves
1 teaspoon ground Cinnamon
½ teaspoon ground Nutmeg
Flour to make a soft batter.

Drop in spoonsful on a greased tray. Bake at 375°, top element off, bottom element low, for 15 minutes.

Biscuits

The best temperature for biscuits is 375°, top element off, bottom element low, for 10 to 12 minutes, or if two trays are cooked at a time, place as near the centre of the oven as possible, at 400°, both switches on low. When the biscuits are half cooked, change the trays round and turn both switches off.

HIGHLAND BISCUITS

½ lb. Flour
½ lb. Brown Sugar
6 oz. Butter
1 Egg Yolk

Sift flour, and mix with sugar. Rub in butter. Roll out ⅓ inch thick. Cut in round shape. Add 1 teaspoon of water to egg yolk, and brush over biscuits. Bake in oven 300°, top element off, bottom element low. Time, 25 minutes.

SAND BISCUITS

4 oz. Butter
8 oz. Sugar
1 Egg
8 oz. Flour
2 teaspoons Baking Powder
½ teaspoon cinnamon
1 Egg White
Blanched Almonds

Cream butter and add sugar and well-beaten egg. Sift dry ingredients and add. Fold in stiffly beaten egg white. Roll as thin as possible, and cut in rounds. Split blanched almonds, and after putting biscuits on tray, place several halves on each biscuit. Bake in oven 400°, top element off, bottom element low. Time, 10 minutes.

GINGER BISCUITS

¾ lb. Golden Syrup
3 oz. Lard or Dripping
2 oz. Butter
1 tablespoon Ginger
½ teaspoon Soda
½ teaspoon Salt
¾ lb. Flour

Heat golden syrup to boiling point and pour over dripping. Sift dry ingredients and add. Cool mixture until it is stiff and cold. Roll as thin as possible. Cut with a small round cutter. Bake in oven 375°, top element off, bottom element low. Time, 12 minutes.

SHORTBREAD

12 oz. Flour
2 oz. Cornflour
4 oz. Icing Sugar
½ lb. Butter

Sift dry ingredients and rub in butter, press in sponge sandwich tin, mark with fork. Bake in oven 375°, both elements off; time, 25 minutes.

ALMOND BISCUITS

4 oz. Cornflour
3 oz. Flour
5 oz. Butter
3 oz. Sugar
1 teaspoon Almond Essence
A few Almonds

Cream butter and sugar, sift and add dry ingredients, add essence. Grease patty pans and place a small quantity in each, press almond on top of each and bake in oven 375°, top element off and bottom element low; time, 15 minutes.

ALMOND FINGERS

6 oz. Flour
2 oz. Sugar
1 teaspoon Baking Powder
4 oz. Butter
1 Egg Yolk

Cream the butter and sugar and add the egg. Mix in the sifted flour and baking powder. Roll very thinly and cut in fingers, spread with icing made from 1 egg white and icing sugar to mix. Sprinkle with chopped blanched almonds and bake at 375°, top element off, bottom element low, for 15 to 20 minutes.

AFGHANS

7 oz. Melted Butter
3 oz. Sugar
1 oz. Cocoa
6 oz. Flour
2 oz. Cornflakes

Bake in small spoonsful at 375°, top element off, bottom element low, for 20 minutes. When cool, ice the tops with chocolate icing and decorate with nuts.

NUTTIES

4 oz. Brown Sugar
7 oz. Rolled Oats
½ teaspoon Salt
4 oz. Butter
½ cup Walnuts
Vanilla

Melt butter and add the sugar. Stir in the rest of the ingredients. Spread in a flat greased tin and

bake at 375°, top element off, bottom element low, for 30 minutes. Mark in squares while still hot and leave in the tin until cold.

CLIFFORD TEA COOKIES

4 oz. Butter
½ cup chopped Walnuts
1 Egg
¼ teaspoon Salt
8 oz. Brown Sugar
10 oz. Flour
½ teaspoon Soda

Cream the butter and sugar. Add egg and beat well. Add flour, nuts, etc. Make into a solid block, like a bar of soap. Leave overnight. Slice thinly, and bake at 375°, top element off, bottom element low, for 10 to 12 minutes.

NUT SHORTCAKE

1 lb. Flour
½ lb. Brown Sugar
2 teaspoons Cinnamon
2 teaspoons Soda
½ lb. Butter
2 teaspoons Spice
2 teaspoons Cream of Tartar
2 Eggs

Work to a stiff paste. Roll half and place on the tray. Cover with jam and place second half on top. Brush with milk. Sprinkle with chopped nuts. Bake at 375°, top element off, bottom element low, for 30 minutes. Cut in fingers.

Puddings

"The daintiest last, to make the end most sweet,"
—SHAKESPEARE

	Temp.	*Position of Switches.*	*Time.*
Custard - - -	350°	Top off, bottom low.	Depends on size
Milk Pudding -	375°	Top off, bottom low.	Depends on size
Batter Pudding	400°	Top off, bottom low.	45 minutes
Pie - - - - -	450°	Top off, bottom low.	Depends on size
Bread Pudding -	375°	Top off, bottom low.	60 minutes

When cooking puddings with meat and vegetables in the oven, move the meat to the bottom rack of the oven and place the pudding in the centre. For pies, turn the top switch up to medium until the pastry is brown, and then off again. Custards may

be cooked underneath the meat if they are stood in a dish of water to keep the temperature low.

BAKED CUSTARD

2 cups Milk
2 teaspoons Sugar
Salt
2 Eggs
Vanilla

Beat the eggs slightly. Add milk and flavourings. Bake at 350°, top off, bottom low, for 60 minutes. Variations: Add stoned dates, desiccated coconut, chopped ginger, or coffee essence to the custard before baking.

POORMAN RICE PUDDING

2 tablespoons Rice
2 tablespoons Sugar
1 quart Milk
Nutmeg

Bake in a slow oven, 375°, top element off, bottom element low, for three hours.

GOOSEBERRY BATTER PUDDING

¼ lb. Flour
1 Egg
½ pint Milk
Gooseberries
Sugar

Make a batter with the flour, egg, and milk, let it stand 1 hour, fill buttered cups or small dishes half full with gooseberries, sugar to taste, and pour batter over gooseberries. Bake in oven, 400°, top element off, bottom element low; time, 35 minutes. Serve with jam. This amount will make six cup puddings.

APPLE PUDDING

1 Egg
8 oz. Sugar
3 oz. Butter
1 teaspoon Baking Powder
½ teaspoon Salt
½ cup Milk
6 oz. Flour
6 or 8 Apples

Beat egg and gradually add sugar and beat until creamy, add melted butter and beat again, sift dry ingredients and add alternately with milk, place apples peeled and quartered in baking dish and pour batter on top. Bake in oven 375°, top element off, bottom element low; time, 1 hour. Serve with cream.

SPONGE PUDDING

4 oz. Flour
4 oz. Sugar
4 oz. Butter
2 tablespoons Milk
2 Eggs
2 teaspoons Baking Powder

Cream butter and sugar, whip egg to a froth, add to butter and sugar, and beat five minutes, sift dry ingredients three times and add lightly with milk. Put in well greased moulds and bake in oven 400°, top element off, bottom element low; time, 20 minutes. Before serving, place teaspoon of jam on top of each and sprinkle with castor sugar and pour boiled custard around each.

PINEAPPLE PUDDING

2 oz. Butter
1 Egg
2 teaspoons Baking Powder
½ cup Milk
8 oz. Sugar
8 oz. Flour
Pinch of Salt

Beat butter and sugar, add the beaten egg and the sifted dry ingredients, lastly add the milk. Melt three tablespoons of butter in a cake tin, add ¾ cup brown sugar and 5 slices of pineapple. Spread the cake mixture on top and bake at 400°, top off, bottom low, for 40 minutes. Turn out carefully and serve with cream.

TAFFY PUDDING

2 Eggs
6 oz. Castor Sugar
4 tablespoons cold Water
4 oz. Flour
2 teaspoons Baking Powder
4 oz. Brown Sugar

Cream yolks of eggs and sugar until light, add sifted flour, baking powder, water lastly fold in stiffly beaten egg whites. Grease tin thickly with butter and cover with the brown sugar, place batter on top, and bake in oven 375°, top element off, bottom element low; time, 35 minutes, Turn out of tin at once.

BUTTER SCOTCH PUDDING

8 oz. Brown Sugar
2 Eggs
1 teaspoon Butter
1 cup Milk
1 teaspoon Vanilla Essence
1 teaspoon Flour

Mix brown sugar and flour together, add well-beaten egg yolks, milk, butter and vanilla essence. Bring to boil on 660 watt element, pour in dish, make meringue with the two egg whites, place on top, and then place in oven and brown.

FELIXSTOWE TART

4 oz. Cornflour
3 oz. Butter
1 tablespoon Sugar
Milk
4 oz. Flour
1 teaspoon Baking Powder
1 Egg Yolk

Cream butter, sugar and egg yolk. Add a little milk and then dry ingredients. Roll out and cut to fit a plate or sandwich tin. Prick the centre and bake at 400°, top element off, bottom element low, for 20 minutes. Fill with jam and cover with a meringue made from the stiffly beaten egg white and 2 tablespoons of sugar. Put in oven at 350° to set the meringue, both switches off.

BAKED JAM ROLL

6 oz. Flour
4 oz. Butter

Mix with cold water as for a pastry and roll out. Cover with jam, dates or sliced apples. Roll up and put in a baking dish. Pour over it 2 oz. sugar and 1 tablespoon butter, dissolved in 1 cupful of hot water. Bake at 400°, top element off, bottom element low, for 30 minutes.

LEMON or ORANGE CRUMB PUDDING

2 cups Milk
¼ teaspoon Salt
2 Eggs
3 tablespoons Orange or Lemon Juice
1 tablespoon Melted Butter
2 cups Breadcrumbs
¼ cup Sugar
Rind of 1 Lemon or Orange

Pour the hot milk over the bread crumbs. Add salt, sugar, egg yolks, rind and juice, and melted

butter. Pour into a greased piedish and bake at 375°, top element off, bottom low, for 40 minutes. Make a meringue of the egg whites and four tablespoons of sugar. Return to the oven to brown and set the meringue, 300° to 350°.

BAKED PRUNE WHIP

2 cups Prunes
2 Egg Whites
4 oz. Sugar
1 teaspoon Lemon Juice

Soak the prunes 24 hours, cook until tender and rub through a sieve. Add sugar and cook 5 minutes, cool, add lemon juice and beaten egg whites. Bake at 375°, top element off, bottom element low, for 20 minutes. Serve hot, with cream or custard sauce.

FRUIT SHORTCAKE

6 oz. Flour
2 oz. Butter
1 Egg
Milk to mix
1 teaspoon Baking Powder
½ cup Sugar
Pinch of Salt

Cream butter and sugar, add egg, then dry ingredients, and lastly the milk. Bake in sandwich tins at 375°, top element off, bottom element low, for 25 minutes. Place cooked sweetened fruit between the layers and on top and serve hot or cold, with cream. Fresh fruit may be used.

Pastry

A cool dry atmosphere is an essential condition for successful pastry making. The shortening is largely a matter of taste. Better results are secured with a fairly hard fat; therefore if a softer fat is used, it should be quite cold. Cold water is necessary in mixing the paste, and no more should be used than is absolutely necessary, as water detracts from the shortness of the crust. Cool hands and deft handling are important factors, therefore, it is thought wisest to cut the fat in with knives instead of mixing with the fingers.

General Temperatures.

	Temp.	*Position of Switches.*	*Time*
Pies - - - -	450°	Top off, bottom low.	Depends on fruit
Jam Tarts - -	500°	Top off, bottom low.	15 minutes
Sausage Rolls -	500°	Top off, bottom low.	25 minutes
Pastry Shells -	500°	Top off, bottom low.	20 minutes

SHORT PASTRY

8 oz. Flour — 4 oz. Fat
¼ teaspoon Salt — Cold Water

Sift the dry ingredients, chop in the fat with two knives and mix to a stiff paste with cold water. Roll and bake. To make a richer paste by this quick method, use more fat.

FLAKY PASTRY

8 oz. Flour — 6 oz. Fat
¼ teaspoon Salt — Cold Water

Divide the fat in four parts, chop in one-fourth and mix to a stiff dough with cold water. Roll out. Put a-quarter more fat on the paste in small dabs. Fold the sides of the paste to the centre, top and bottom to the centre, then fold in half, press the edges together and roll out. Repeat until all the fat has been used.

PUFF PASTRY

8 oz. Flour — 8 oz. Butter
¼ teaspoon Salt — Cold Water

Sift flour into a bowl, chop 1 tablespoon of butter into it, add cold water until a mass may be removed to board, knead it until mixture has become somewhat elastic, cover it and let it remain 5 minutes, then roll it into an oblong piece and place the butter on one end of it, bring the opposite end down over the butter and press the edges together with the tips of the fingers. Then with the rolling-pin make several dents in the dough and begin to roll, being careful to roll in one direction and not to allow

the butter to come through the paste. Continue to roll until a rectangular piece is formed, always being careful to move the rolling-pin in the same direction. With the long narrow piece of dough formed, fold about one-third under and one-third over, roll again, continue in this manner until the piece has been rolled four times.

WHOLEMEAL PASTRY

1 lb. Wholemeal
½ teaspoon Baking Powder
Water to mix
8 oz. Fat
Pinch of Salt

Mix as for ordinary short pastry and bake at the same temperature.

LEMON MERINGUE TART

2½ tablespoons Cornflour
1 cup Sugar
1 teaspoon Butter
1 cup hot Water
Rind and Juice of 1 large Lemon
2 Eggs
Cold Water

Moisten the cornflour with a little cold water, and stir in the boiling water in which the lemon rind has been cooked for a few minutes. Boil again for ten minutes, cool, add the lemon juice, egg yolks and sugar.

Bake a pastry shell on the outside of an enamel plate at 500° for 20 minutes, top off, bottom low, pour in the lemon filling and decorate with a meringue made from two egg whites and 4 tablespoons of sugar. Return to the oven to brown and set the meringue, 300° for 15 minutes, both switches off.

COCONUT CUSTARD PIE

2 Eggs
1 tablespoon Sugar
⅓ cup Coconut
2 cups Milk
Pinch of Salt

Line a plate with pastry. Beat eggs slightly. Add sugar, salt, coconut, and milk. Pour into pie shell and bake at 450°, top element off, bottom element low, for 40 minutes.

CHOCOLATE TARTS

1 Egg
2 oz. Butter
1 dessertspoon Cocoa
Vanilla
2 oz. Sugar
1 oz. Cake or Biscuit Crumbs

Line pattypans with pastry and put a little jam in each, then 1 teaspoon of the cake mixture on top. Bake at 450°, top element off, bottom element low, for 20 minutes. When cold, ice the top with chocolate icing and decorate.

APRICOT CHEESE CAKES

1 Egg
2 oz. Sugar
½ teaspoon Baking Powder
Apricot Jam
2 oz. Butter
4 oz. Flour
Essence of Almonds

Line tins with flaky pastry, put a small teaspoon of apricot jam in each of them and then a spoonful of the mixture. Bake at 450°, top element off, bottom element low, for 20 minutes.

RAISIN PIE

½ lb. Raisins
1 cup Water
1 teaspoon Cinnamon
½ lb. Apples
2 tablespoons Cornflour
1 tablespoon Lemon Juice

Cook apples and raisins together, thicken with cornflour, and flavour with lemon juice and cinnamon. Cool. Bake between two layers of pastry at 450°, top off, bottom low, for 35 minutes.

ELECTRIC OVEN FRUIT BOTTLING

The electric oven provides the easiest and cleanest of all methods of fruit preservation. The housewife can be certain of success, with a minimum amount of effort. Certain rules must be observed if success is to be attained in any kind of fruit bottling.

1. All fruit should be fresh and free from spoilage.
2. All jars, rubbers and tops should be sterilised by bringing to the boil in a pan of water.
3. Use new rubbers each season.

SYRUP

Thin Syrup—1 cup Sugar to 3 cups Water for sweet fruits.

Medium Syrup—1 cup Sugar to 2 cups Water, average strength.

Thick Syrup—1 cup Sugar to 1 cup Water for large fruits, whole.

This syrup should be made and allowed to cool before pouring over the fruit. Boil the sugar and water together until the sugar is thoroughly dissolved.

METHOD OF BOTTLING

1. Turn bottom heat in oven to high, until oven reaches 250°.
2. Pack fruit into bottles tightly.
3. Pour syrup over, put on the rubber ring, and fit lids loosely.
4. Place grilling pan in bottom of oven, with ¼-inch water in it.
5. Stand jars in pan.
6. Leave bottom heat on high until syrup boils in bottles. Turn switch to low for 10 to 15 minutes, then off.
7. Open oven door and leave to cool a little before taking out to screw down tightly.

This method is suitable for apricots, peaches, plums, gooseberries, pineapple, nectarines, raspberries, strawberries, black currants, and cherries.

FROZEN DESSERTS

The lucky housewife who possesses a refrigerator as part of her kitchen equipment may have frozen desserts any time of the day. All she has to do is to place the mixture in pans and set the machine so as to maintain the temperature necessary for freezing. Too rapid freezing gives a coarse grain.

To obtain satisfactory results, a small amount of gelatine, about 1 teaspoon to each cup of liquid,

should be added to give body and to help prevent the formation of ice crystals. Better results are obtained if cream is beaten stiff before it is added.

It has been found that stirring the mixture occasionally during the freezing process improves the frozen mixture. Beaten egg whites help to make the mixture light.

CUSTARD ICE CREAM

2 cups Milk
2 Egg Yolks
1 teaspoon Essence
Pinch Salt
2 tablespoons Cornflour
$\frac{3}{4}$ cup Sugar
$\frac{1}{2}$ pint Cream

Thicken the milk with cornflour, add sugar and cook 10 minutes. Add egg yolks and cook 3 minutes. Cool. Add flavouring and fold in whipped cream. Freeze in trays.

CHOCOLATE ICE CREAM

2 cups Milk
$1\frac{1}{2}$ oz. Chocolate
$1\frac{1}{2}$ teaspoons Vanilla
1 tablespoon Cornflour
$\frac{1}{2}$ cup Sugar
1 cup Cream

Melt chocolate over hot water and add the hot milk to it slowly. Mix cornflour with sugar and add to the chocolate mixture and cook 10 minutes, beating well until thick. Cool, add vanilla and fold in whipped cream.

ORANGE ICE CREAM

1 cup Cream
1 Egg
$1\frac{3}{4}$ cups Orange Juice
$\frac{3}{4}$ cup Sugar
1 cup Milk
1 teaspoon Gelatine
3 tablespoons Lemon Juice

Make a custard of milk, egg, gelatine and sugar. Add fruit juices and mix well. Cool and add whipped cream. Freeze in trays (2 hours).

VANILLA MOUSSE

1 cup Cream
¼ cup Icing Sugar
½ teaspoon Vanilla
1 Egg White

Whip cream and add the sugar and vanilla, fold in the beaten egg white and freeze in trays.

FRUIT MOUSSE

1 pint Cream
1 cup Fruit Pulp and Juice
¾ cup Sugar
1 teaspoon Gelatine
2 tablespoons cold Water
3 tablespoons hot Water

Rub fruit through a sieve. Add gelatine soaked in cold water and dissolved in boiling water. When the mixture begins to thicken, beat until light and fold in the whipped cream. Suitable fruits: Apricots, pineapple, strawberries, raspberries.

PINEAPPLE SHERBERT

¾ cup Sugar
½ cup Water
2 tablespoons Lemon Juice
1 tin crushed Pineapple
3 Egg Whites

Cook sugar, water and pineapple juice slowly for 10 minutes, add pineapple pulp and lemon juice. Cool. Pour into tray and allow to freeze firm. Remove mixture and beat until light and then fold in stiffly-beaten egg whites. Return to tray and freeze.

ORANGE ICE

¾ cup Sugar
1 cup Water
2 cups Orange Juice with Pulp
2 tablespoons Lemon Juice
(Other fruit juices may be used if desired.)

Boil sugar and water until sugar is dissolved; cool, add orange and lemon juice. Freeze in tray. When ready to serve, mash the ice crystals.

Suggested Dinner Menus

The cooking of tasty and economical dinners is one of the main problems the housewife has to consider. We have therefore prepared several typical menus which may be cooked almost entirely in the oven. This method of cooking dinners will be found to be the most economical. Recipes for all the dishes mentioned will be found in the index.

MENU

Meat Loaf. Roast Potatoes.
Green Vegetables boiled on hot plate.
Peach Pie.

METHOD.—Prepare the meat loaf, pie and potatoes. Heat oven to 450°, both switches high. Place meat on bottom rack of oven and leave switches high for three minutes. Turn top off, bottom low, and place potatoes with the meat, and pie in the centre of the oven.

Time, 45 minutes. Cost, 1⅓d.

MENU

Stuffed Veal Steak. Potatoes in the jacket.
Green Vegetables boiled on hot plate.
Fruit Shortcake.

METHOD.—Start the meat as per roasting instructions. When the temperature falls to 400°, place meat on bottom rack, and shortcake and potatoes in the centre. Turn bottom switch high for 5 minutes, then to low. Remove shortcake when baked.

Time, 1½ hours. Cost, 1½d.

MENU

Rabbit Casserole. Boiled Potatoes (in oven).
Greens boiled on hotplate.
Baked Custard. Stewed Fruit.

METHOD.—Prepare casserole and place in centre of oven at 400°, top element off, bottom element low. After 1 hour, place potatoes on bottom rack in a covered dish. Place custard in a dish of cold water beside potatoes. Put fruit beside meat, in a covered baking dish. Turn bottom heat to high for 10 minutes, then to low.

Time, 2 hours. Cost, 1½d.

MENU

Baked Stuffed Fish (3 lb.).
Baked Tomatoes. Potatoes boiled on hotplate.
Lemon Meringue Tart.

METHOD.—Heat oven to 500°, and turn top off, bottom low. Place pie crust in the centre and cook 20 minutes. Place fish in centre of oven after pie removed and turn both switches high for 3 minutes, then top off, bottom low. After 25 minutes place tomatoes in bottom rack of oven. When fish served, place pie in oven to set meringue, both switches off.

Time, 1 hour 25 minutes. Cost, 1½d.

MENU

Veal and Ham Pie. Boiled Potatoes in oven.
Boiled Greens on hotplate.
Lemon Crumb Pudding.

METHOD.—Start pie at 450°, top off, bottom low. After half-hour place potatoes on bottom rack, and pudding beside the pie. Turn bottom heat to high for 5 minutes, then to low.

Time, 1½ hours. Cost, 1½d.

MENU

Veal Birds.
Green Vegetables and Potatoes boiled on hotplate.
Poorman Rice Pudding.

METHOD.—Place meat and pudding in centre of oven at 450°, top off, bottom low, until meat begins to simmer, then turn both switches off.

Time, 2 hours. Cost, 1⅓d.

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